

LANGFORD ISLAMIC COLLEGE

SUN SMART GUIDELINES

Rationale

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70.

Overexposure to UV during childhood and adolescence is a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above. Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

Our sun protection policy has been adopted to ensure that all staff and students attending The Langford Islamic College are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of **September** through to the end of **May**. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. The policy has been developed in consultation with the whole school community.

Objectives

The goals of the Sun Smart Policy are to:

- Ensure that all children and staff maintain a healthy UV exposure balance.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Encourage safe UV exposure
- Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's Sun Smart policy.

Particular care is taken between 10am and 3pm when UV levels reach their peak during the day. Our Sun Smart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events.

1. Shade

- The School Board makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- In consultation with the School Board, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and

all outdoor activities.

- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses.

3. Hats

- Children and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. (Baseball caps do not offer enough protection and are therefore **not** recommended.)

4. Sunglasses [SUGGESTED]

- Children and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen should be made available for staff and students' use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Children are reminded to apply sunscreen before going outdoors.
- With parental consent, children with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen.

Role modelling

Staff act as role models by:

- wearing sun protective hats, clothing and sunglasses when outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.
- The sun smart policy at the Langford Islamic college is encouraged all year round and not only in certain times of the year. This will help maintain route and keep students sun aware.

Curriculum

- Programs on skin cancer prevention and healthy UV exposure levels are included in the curriculum for all year levels.
- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, parent meetings, staff

meetings, school assemblies, student and teacher activities and on student enrolment.

Review

School principals and School Board members will review the effectiveness of this policy every year.

They will:

1. Review the sun smart behaviours of students, staff, and parents to make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases for shade provision.
3. Update and promote curriculum materials relevant to sunsmart activities.

LAST UPDATED: 12 June 2011

TO BE REVIEWED: AUGUST 2012