

# AL HIKMA COLLEGE



## SUNSMART POLICY

Revised and updated March 2023

*This policy is pursuant to the requirements set out in section 3.6.2 of the NESA Registered and Accredited Individual Non-Government Schools (NSW) Manual*

## **Rationale**

Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection and protected from over exposure to the sun whilst at school.

## **Aims**

- To educate students as to suitable SunSmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

## **Procedures**

- Where possible, scheduled outdoor activities (assemblies, sport, PE etc.) outside peak UV times of 10am and 2pm (11am – 3pm Day light saving time) or alternatively use the school hall or shaded undercroft area.
- Al Hikma College is committed to providing shade (shaded and undercroft areas). These areas include the hall and undercroft area in the large playground for primary students. The small playground is also fully shaded for the infant students. Students are encouraged to use shaded areas available when they are outside.
- Children without the school hat will be restricted to play in designated shaded areas.
- Children and staff will be actively encouraged to wear a broad-spectrum water-resistant sunscreen of at least SPF30+. Students will apply sunscreen according to the manufacturer's directions, under the supervision of teachers. Where possible, students will apply sunscreen 20 minutes before going outdoors. Students will be encouraged to reapply sunscreen every 2 hours when outdoors for extended periods.
- All sun protection measures will be considered when planning excursions
- Teachers will implement sun protection principles in all teaching programs for all year levels. This will form the basis of the Health and Physical Education curriculum at all year levels. Staff members are requested to act as role models by practising good sun protection behaviours.
- Sun-safe clothing is part of our school and sports uniforms. This includes shirts with collars or covered necklines, sleeves, longer styled dresses and shorts. Rash vests or t-shirts are to be worn for swimming activities. The wearing of sun-safe hats is encouraged and promoted. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket styles. Baseball caps are not recommended.
- Although implementation of the following has been enforced, a stronger promotion and plan for 2023 and beyond, will be to regularly promote sun protection to the school community, through newsletters, noticeboards, meetings, school assemblies and on student enrolment.
- The principal and coordinator will regularly monitor and review the effectiveness of the Sun Protection Policy.