

We are SunSmart!



A note for families

A healthy balance of the sun's ultraviolet (UV) radiation exposure is important for health.

Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

Our school aims to achieve a healthy UV exposure balance for children and staff. We are a registered member of the Cancer Council Victoria's SunSmart program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures encouraged by staff.

From September to April (and when UV levels reach 3 and above), children are encouraged to use these five SunSmart steps.

1. **Slip on a shirt** - and wears clothing that covers as much skin as possible (e.g. tops that cover the shoulders and arms, not singlet tops) and rash vests or t-shirts for water activities.
2. **Slop on SPF 30+** broad spectrum, water resistant sunscreen at least 20 minutes before going outdoors and reapply sunscreen every two hours. Please ensure your child can apply their own sunscreen. If your child has naturally very dark skin, they already have a high level of melanin and may not need to apply sunscreen. Please notify the school in writing if you prefer sunscreen not be applied.

3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Baseball caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat.
4. **Seek shade** – and choose shady spots for play whenever possible.
5. **Slide on some sunglasses** - if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

From May to August average UV levels in Victoria are below 3 so sun protection measures are not usually needed unless near highly reflective surfaces such as snow or outside for extended periods.

SunSmart UV Alert

The SunSmart UV Alert indicates daily weather forecasts including temperature, UV level and times sun protection is or isn't needed. SunSmart recommends using the UV Alert to help guide sun protection and vitamin D needs each day.



Further information contact SunSmart on
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This information is based on current available evidence at the time of review. It can be photocopied for distribution.
Latest update: September 2011

