



Risdon Vale Primary School is a proud Sun Smart accredited school.

With the beginning of term 4 marks the time for children to begin wearing hats at play times and during outdoor activities such as PE.

Overexposure to UV during childhood is a major risk factor for future skin cancer risk.

You can't see or feel the sun's UV rays so don't be fooled! Whatever the weather, if the UV levels are 3 or more, it's important to *Slip, Slop, Slap, Seek and Slide!*

1. **Slip on a shirt**—for free dress days, ensure your child wears clothing that covers as much skin as possible e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts.
2. **Slop**—on SPF 30 or higher **broad spectrum**, water resistant sunscreen—apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to be reapplied throughout the day. Sunscreen should be reapplied every **two** hours.
3. **Slap on a hat** - one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket hat style. Peak caps do not offer enough protection and are not recommended by sun smart.
4. **Seek shade**—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.

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available in the weather section of the newspaper, on the sun smart website www.sunsmart.com.au or free sun smart app for your smart device. Sun protection times can also be found on the bureau of meteorology website. <http://www.bom.gov.au/> Or smart phone app.

