

HATS AT BEPS



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

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



Burwood East Primary School aims to protect children and staff from too much UV to help minimise future skin cancer risk. 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 included in our policy.

During the daily local sun protection times (issued whenever UV levels are three and above), use these five SunSmart steps – even if it's cool and cloudy.

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). Densely woven fabrics are best.
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. Please ensure they get plenty of sunscreen application practice at home so they'll be all set when they are at school.
3. Slap on a hat – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat. **Hats must be worn when outdoors, including to all excursions, from September to the end of April.**
4. Seek shade – choose shady spots for play whenever possible.
5. Slide on some sunglasses - if practical.

If your child does not have a hat on when outside, they will be directed to play under shaded areas from the beginning of September. They will also need to ensure that they have a hat when attending an outdoor excursion.

Please assist us in educating your child about the importance of sun safety, ensuring they have the correct school hat. (Baseball caps are not an acceptable SunSmart hat)

Daniel Darmody
SunSmart Coordinator