

APS is a school

DID YOU KNOW? Australia has the highest incidence of melanoma in the world for both males and females. Two in three Australians will be diagnosed with skin cancer by the age of 70. In Victoria, more than 40,000 new cases of skin cancer are diagnosed annually.

DID YOU KNOW? 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.

DID YOU KNOW? 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!

Encourage everyone in your family to be Sunsmart by following these 5 steps:



1. *Slip on a shirt* - 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 regularly. 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 school hat.



4. **Seek shade** – choose shady spots for play whenever possible. There are lots in our school.



5. **Slide on some sunglasses** – wear glasses that cover as much of the eye area as possible.

At Altona Primary School we create an environment that promotes the Sunsmart principles by regularly reinforcing and modelling Sunsmart behaviours. Please read the Altona Primary School “Sun & UV Protection Policy” which is located on the school website.

As part of the implementation of this policy, a few key points to help you:

- parents are responsible for supplying sunscreen which can be kept in student’s bags
- parents are requested to show students how to apply sunscreen
- students are responsible for applying their own sunscreen
- teachers will encourage students to be responsible for their own sun protection by reminding students to apply their own sunscreen, wear a hat, seek shade, wear appropriate clothing including a school approved hat and sunglasses if chosen
- *students who do not wear a hat will be required to play in the Rotunda near the spider playground*

We thank you for your support in implementing our Sun & UV Protection Policy

