



Dear parent/carer,

<insert school name> is registered as a SunSmart **School/Service**, which means we implement a best-practice sun protection policy to reduce staff and students over exposure to ultraviolet (UV) radiation.

Australia has the highest rate of skin cancer in the world. In the first 15 years of life, reducing exposure to UV significantly reduces the risk of developing skin cancer in the future. It is estimated that more than 75% of all skin cancers could be prevented by practicing sun protection in childhood and adolescence.

Sun protection times are a forecast for the times each day UV levels are expected reach 3 or above. At these levels, sun protection is recommended for all skin types. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months and highest in the middle of the day. UV levels and daily sun protection times can be accessed via the [SunSmart App](#) to determine sun protection requirements.

As students are at **school/our service** during times when UV radiation levels are highest, our **school/service** plays an important role in minimising your child's UV exposure. Our sun protection policy ensures that we minimise student's exposure to the sun and provide an environment that positively influences sun protection behaviour. The main elements of our sun protection policy are:

- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.
- The **school/service** community is committed to providing shade in areas where students congregate, during recess and lunch, and when teaching outdoors and playing sport.
- All staff and children are required to wear a SunSmart hat that protects their face, neck and ears. SunSmart hats include broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm), bucket hats with a deep crown and brim size of at least 5cm (adults 6cm), and legionnaire style hats.
- All staff and children are required to wear SunSmart clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. SunSmart clothing includes wearing loose fitting shirts and dresses with sleeves and collars or covered neckline, and longer style skirts, shorts and trousers.
- All staff and children are encouraged to apply SPF30 (or higher) broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Staff include sun safety principles across Key Learning Areas in all year levels.
- Optional: Staff and students are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

Should you have any questions regarding **<insert school name>**'s sun protection policy please do not hesitate to contact me.

Yours sincerely,

<Contact Name> <Contact Person's Position>