

A guide to the ‘Today I had my SunSmart hat on!’ Poster.

The ‘Today I had my SunSmart hat on!’ poster is designed to encourage students to wear their SunSmart hats during recess and lunch breaks. Skin cancer is the most common cancer in Australia. Two in 3 people who grow up in Australia will be diagnosed with skin cancer. Overexposure to solar ultraviolet (UV) radiation causes at least 95% of all skin cancers in Australia. This means that when you protect your skin, you reduce your risk.

The poster allows students to record whether they have worn a SunSmart school hat when outside. It can also be used to record how the entire class is performing week by week or as a reminder to help motivate students as part of a whole school competition.

How to use the poster:

- Fill in the poster with the name of your class and the students’ names.
- Display the poster at the entry point to your classroom.
- Students should tick the box if they:
 - Wore their SunSmart hat at recess and at lunch.
- At the end of the week tally the total hat wearing score for your class.

You can incorporate the use of this poster into your schools’ own behaviour reward system (i.e. Positive Behaviour for Learning) or you can create your own competition or reward system to boost motivation. You may like to use it to positively reinforce individual or classroom behaviour. Your approach will depend on your school’s circumstances.

Your school can use a variety of rewards when students or classes reach their goals for SunSmart hat wearing. Reward ideas could include:

- Highest scoring class has a BBQ or party.
- Messages home to parents for students on how well the class has done.
- Recognition in assemblies or newsletters.
- Vouchers obtained from local businesses (i.e. movies or meals).
- Special morning tea with the principal.

If certain children in your class are falling behind and become demotivated to continue, consider incorporating in ‘bonus’ take-home activities for them. You can use the **Quick SunSmart Activities** from the Action Plan Template as take-home activities.