



Week 5 Term 2

PRINCIPAL'S MESSAGE

END OF MAY IS HATS OFF DAY

[An Update from Cancer Council ACT](#)

In Canberra, May is when we start to witness daily UV levels take a nose dive during certain times of the day, to what is considered "low" levels (under 3). This generally occurs during the morning and afternoon periods. However, by the end of May, UV levels drop and remain low (under 3) ALL DAY, so the **End of May is Hats Off Day** for Canberra primary schools and early childhood services (for a few months anyway).

Cancer Council ACT does not generally recommend sun protection behaviour (ie hats and sunscreen) when UV levels are low due to the low risk of UV skin damage.

Why Hats Off Day?

Being SunSmart is all about being "smart" when spending time outdoors in the sun. This includes having a general understanding around the required balance between UV exposure, sun protection and vitamin D. During summer, maintaining vitamin D levels is relatively easy for children who are active and spend time outdoors most days of the week, even with sensible sun protection. In fact, most people should be able to store their summer vitamin D over the winter period. However, by leaving your hat off during this low UV period and getting some winter sun exposure to your skin, you can assist your body with vitamin D production.

Winter Sun Exposure & Vitamin D

By exposing some skin most days of the week during the middle of the day during winter (ie lunch time), students and workers should be able to maintain the bulk of their summer vitamin D. Of course there will be groups in the population that are at higher risk of having vitamin D deficiency. To read more about vitamin D and our recently update position [click here](#).

Research also suggests that maintaining daily physical activity throughout the winter period will also assist the body to produce and maintain vitamin D. So the winter message is leave your hat at home and get active every day for general health.

Resources and Support

Cancer Council ACT has numerous free resources to assist ACT schools maintain a positive and balanced approach to being SunSmart including the **SunSmart Web Widget** for your school website and the popular **Generation SunSmart Professional Learning** modules for Canberra teachers. You can access these resources and more [here](#).

Keep warm this winter, get active and take advantage of the midday sun for vitamin D.

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Sun Protection and Vitamin D GETTING THE BALANCE RIGHT


WHEN UV IS:

↑ 3 OR ABOVE ↑

- Sun protection is a priority.
- Most people get enough Vitamin D through a few minutes of typical day-to-day activity.
- Remember to slip, slop, slap, seek and slide.

↓ BELOW 3 ↓

- Sun protection is not recommended.
- Go outdoors in the middle of the day to support Vitamin D production.
- Being physically active – e.g. gardening or going for a walk will help.



Check local UV levels by downloading our free mobile app at cancer.org.au/SunSmartApp

REMINDERS

Monday 29 May

Parliament of Youth @ 8.15 – 3.15pm

Tuesday 30 May

**Taranga Musica Viva Performance @LECS
(Preschool – Year 2 @ 1.30pm)**

Wednesday 31 May

Multicultural Playgroup at Ulverstone @ 9.30am

Thursday 1 June

Hats Off Day!

BEHAVIOUR MANAGEMENT TALK

Topic talk

Due to parent feedback we would like to run a one-off topic talk on behaviour management.

This will be a quick session including practical tips and advice on behaviour management of your child.

We would like to propose a choice of dates and times and will run the session at the time with the most interest. The proposed times and dates are:

Monday 19 June. 12- 1.30pm or 4.30 – 6pm

Tuesday 20 June. 12- 1.30pm or 4.30 – 6pm

There will need to be an adequate number of attendees for this session to go ahead. So please be sure to RSVP via info@lecs.act.edu.au or phone 6142 0044 to let us know you're coming.

Please let us know which date and time you would prefer when you RSVP.

Cheers

Hannah



“Children do not need to be made to learn about the world, or shown how. They want to, and they know how.” John Holt

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