

Top tips for sunscreen at school



Teachers at school are not expected to apply sunscreen to students but SunSmart does ask that schools have strategies in place to help remind children to apply sunscreen before they go outside.

Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma, both in the short and long term.

Choose SPF30 or higher broad-spectrum, water-resistant sunscreen. Make sure it is within its use-by date and is stored below 30 degrees.

It is best to apply a generous amount of sunscreen to any exposed skin around 20 minutes before going outdoors. Sunscreen should be reapplied every **TWO** hours even if the stated level of water resistance is four hours.

Always use sunscreen with other sun protection measures – don't rely on sunscreen alone to protect skin.



Sunscreen application strategies:

- Suggest children bring along their own sunscreen that suits their skin – as long as it is SPF30 or higher, broad-spectrum and water-resistant. They could try a clip on and hang it on their school bag for easy storage, as well as being a visual reminder.
- Store sunscreen with lunchboxes and/ or hats so when children grab their food or hat before going outdoors, they will also be reminded to slop on sunscreen. If sunscreen is kept in the cooler section of the lunchbox, it will be cold when applying - especially nice on a hot day. By the time the food has been eaten, the sunscreen should have had time to bind to the skin.
- Appoint sunscreen buddies so children can help each other.
- Have sunscreen monitors
- Set up sunscreen stations with a mirror and cloth or tissues for wiping hands. Try a sunscreen pump pack or roll on (they are usually easier to use).
- Post reminder notes near the door or on the board
- Make announcements over the PA.
- Play the SunSmart Countdown song or sun sound before the recess bell to remind children to apply sunscreen and wear their hat



- Create a sunscreen application chart to keep track of applications, add a sticker or mark each time sunscreen is applied. Which student or team of children are the sunscreen application champions?
- Download the free SunSmart app - set the sunscreen reminder and use the sunscreen calculator tool
- Use the SunSmart resources including curriculum activities to help children understand the importance of sunscreen and other sun protection measures
- Remember the value of teacher role modelling
- Include information about sunscreen in the school newsletter. Use one of SunSmart's sample family notes.
- Include sunscreen on the school booklist so each family remembers to send it along



Images from Wahgunyah PS

For more information visit sunsmart.com.au or call 13 11 20