



# Good Shepherd Primary School Newsletter

3rd Sunday of Lent

Term 1

Week 9

Tuesday, 26th March, 2019



**Good Shepherd  
Primary School**  
134 Hyatts Road  
Plumpton NSW 2761

Telephone: 9836 7100

Email:  
goodshepherd@parra.  
catholic.edu.au

Principal:  
Mrs Patricia Carr



**Good Shepherd Parish**  
136 Hyatts Road  
Plumpton

Telephone: 9832 4461

Email:  
parishof@tpg.com.au

Parish Priest:  
Fr Vincy D'Costa  
ofmcap

## 2019 Commencement Dates

Term 1 concludes:  
Friday, 12th April

Term 2 commences:  
Monday, 29th April

### Year 1 had the opportunity to take part in our Under the Sea Day

The day included a visit from Chris who brought in some real sea life animals for the students to touch and see. Some of these included starfish, some even did backflips, shark eggs, hermit crabs in their shells, pistol shrimp and wheelks (sea snails). We had some time for water play, under the sea dancing and some craft. Thank you parents for taking the time to organise your child's costume. Each child loved talking about what they were dressed as. All of the Year 1 students and teachers had a fantastic day.

#### Some quotes of the day:

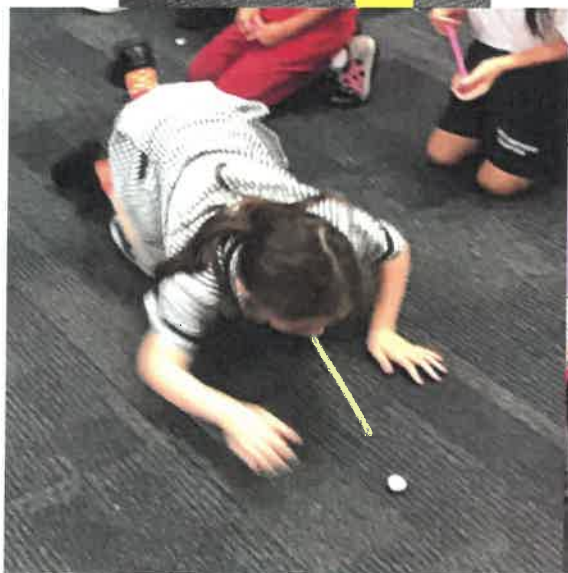
- 1B: Edwin John - "My favourite part of the day was drawing my own sea creature."  
Aiden - "I LOVED dancing to Baby Shark!"
- 1G: Ethan - "My favourite part of the day was playing the water games. My team won two times!"  
Aahna - "Today I loved playing games with the water and dressing up as a mermaid. I love mermaids!"
- 1R: Aahana - "My favourite part of the day was playing with the water and looking at the sea creatures with Chris!"  
Halle: "I loved dressing up as a mermaid. I was a pretty mermaid for the whole day!"
- 1W: Dev - "My favourite part of the day was making the octopus and curling the paper tentacles."  
Matilda - "My costume was so cool. Sharks are my favourite animal. They have big teeth!"





## Kinder Science Weather Day

Last Thursday Kinder participated in a Science Weather Day at school. Students enjoyed creating experiments, joining in fun activities and learning all about weather patterns.



## Upcoming Events

<b>Monday, 1st April:</b>	<b>Infants End of Term Awards (8.30 am Good Shepherd School)</b>
<b>Tuesday, 2nd April:</b>	<b>Mass (9.00 am Good Shepherd Church. Year 6 attending)</b>
<b>Friday, 5th April:</b>	<b>Cross Country—further details to follow</b>
<b>Friday, 5th April:</b>	<b>Year 4 Assembly (2.00 pm Good Shepherd School)</b>
<b>Monday, 8th April:</b>	<b>Primary End of Term Awards (8.30 am Good Shepherd School)</b>
<b>Tuesday, 9th April:</b>	<b>Year 1 Assembly (2.00 pm Good Shepherd School)</b>
<b>Wednesday, 10th April:</b>	<b>Holy Week Liturgy (9.00 am Good Shepherd Church)</b>
<b>Wednesday, 10th April:</b>	<b>Year 2 Assembly (2.00 pm Good Shepherd School)</b>
<b>Thursday, 11th April:</b>	<b>Kinder Easter Hat Parade (2.00 pm Good Shepherd School)</b>
<b>Wednesday, 10th April:</b>	<b>Parent Group Easter Raffle Draw (2.00 pm Good Shepherd School)</b>
<b>Friday, 12th April:</b>	<b>Last Day of Term 1</b>
<b>School Holidays for two weeks</b>	
<b>Monday, 29th April:</b>	<b>First Day of Term 2</b>

## Parish News

### Sacrament of Confirmation

Parent Information Night: 29 April, 2019

Lessons: 5th May, 12th May, 19th May, 26th May 2019

Rehearsal: 1st June, 2019

Rite of Confirmation: 2nd June 2019

\* Candidates must attend ALL lessons

For further details, please contact the parish on 9832 4461 or email the parish on: sacraments@tpg.com.au

### Saturday Mornings of Lent

'Morning Prayer' (from the Divine Office) commencing @ 7:30am followed by Mass at 8am. Anointing of the Sick every 1st Sat of the Month

### Stations of the Cross

**Stations of the Cross** will be conducted Every Friday at 7:30pm followed by Reconciliation. Mass on the First Friday. Reconciliation as usual on Saturdays from 11:00am to 12:00pm. 2nd Rite Confession/Reconciliation -April 9 @ 7:30pm

## Holy Week Timetable

**9th April** 2nd Rite Reconciliation at 7.30 pm in preparation for Easter.

**17th April** Chrism Mass Parramatta at 7.30 pm.

**18th April** Commemoration of Last Supper at 7.30 pm. At this Mass the Project Compassion Boxes/Envelopes for Caritas Australia is handed in.

**19th April** Good Friday—Passion Play at 10.00 am in front of Church. At 3.00 pm 'Commemoration of Our Lord's Passion' in the Church.



## Holy Week

## Winter Uniform for Terms 2 & 3

Dear Parents, please note the following uniform requirements for Terms 2 & 3.

### School Uniform

#### Girls:

School Uniform Checked Tunic  
White Long Sleeve Blouse  
Checked Scissor Tie  
Green Hair Ribbons  
Grey Tights or Grey Long Socks  
Black School Shoes  
Green Zip-Up Jacket  
School Uniform Hat

#### Boys:

Black Long Pants  
White Long Sleeve Shirt  
Green Zip-Up Jacket  
Black Socks  
Black School Shoes  
School Checked Tie  
School Uniform Hat



### Sports Uniform

#### Girls:

White Polo Shirt with School Emblem  
Bottle Green Shorts  
Bottle Green Tracksuit Uniform  
Predominantly White Joggers/Sneakers  
A White Skivvy (colder weather)  
White Socks  
School Uniform Hat

#### Boys:

White Polo Shirt with School Emblem  
Bottle Green Shorts  
Bottle Green Tracksuit Uniform  
Predominantly White Joggers/Sneakers  
A White Skivvy (colder weather)  
White Socks  
School Uniform Hat

In cooler weather, a bottle green uniform tracksuit is worn, and a white skivvy may be worn over the white polo shirt.



## 2019 Dates

### Term 1 Concludes:

Concludes: Friday, 12th April

### Term 2

**Commences:** Monday, 29th April (Week 1)

**Concludes:** Friday, 5th July

### Term 3

**Commences:** Monday, 22nd July (Week 1)

**Concludes:** Thursday, 26th September

### Term 4

**Commences:** Monday, 14th October (Week 1)

**Concludes:** Wednesday, 18th December

## 2019 Staff Development Days

(Pupil Free Days)

Term 2: Monday, 6th May

Term 3: Friday 27th September

Term 4: Thursday, 19th December and Friday 20th December

## Kindergarten Easter Hat Parade

Dear Parents & Carers, please note on Thursday, 11th April from 2.00 pm in the School's Playground "Cola" area, Kinder students will be participating in an Easter Hat Parade. All very welcome.



## Policies and Forms

For all policies and forms, please refer to our School Website—"About Us"—"Policies & Procedures". Please note our Parent Handbook is on our School Website under "Enrol Now" for your convenience.

## Complaints/Grievances Forms

Parents, please note if you would like to make a complaint/grievance in regards to any school matter, you can pick up a form from the school office. All matters will be attended to under strict confidentiality.

## Visa Updates

If there has been any change to your Visa Status, could you please send in a copy to the school office. It is important that we have the most up-to-date information for our school records.

## Parents picking up ....

Parents, unfortunately we have noticed recently that many parents are not coming to collect their children until well after 3.15 pm. **Children need to be picked up before 3.15.** There is only teacher's supervision until 3.15 pm. If you are unable to collect your child before this time, please make inquiries about COSHC (Ph. 0409 191 980). Thank you for your attention.



**School Commencement time: 8.30 am**

**School Dismissal time: 2.50 pm**

## Social Skill of the Week

*"Chew with your mouth closed"*

## Privacy Consent

Dear Parents & Carers,

If you do not give consent for the use of your child's image and/or works to be published in our School Newsletter or on our website, **please notify the school in writing.** If you do not want your child to sell raffle tickets, please also inform the school office. Thank you.

## Communication between Parents and Staff

Just a reminder that the direct line of communication if you need to discuss concerns/issues etc regarding your child is:

Email, phone call or letter addressed to your child's teacher stating your concerns and requesting an interview if required.

Following this, you can request an interview with your child's Year Group Coordinator. Year Group Coordinators are as follows:

Kinder: Mrs Bianca Cooke

Year 1: Mrs Trish Conner

Year 2: Mrs Yvonne Davies

Year 3: Mrs Debbie Dela Paz

Year 4: Mrs Beulah Frankson

Year 5: Mr Ian Byrne

Year 6: Ms Elizabeth Le Breton

If you need to take further steps, after speaking with the Year Group Co-Ordinator, an email, letter or phone call to our Assistant Principal, then to the Principal.

## Information regarding Leave from School

Leave from school for holiday/overseas trips in school time is not encouraged and must be explained in writing to the School Principal.

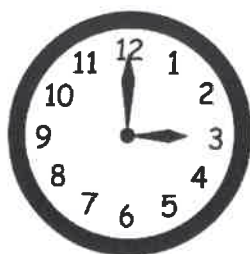
A leave form ("Application for Extended Leave") must be completed at least 4 weeks in advance for **5 or more school days**. If leave is **10 days or more**, an interview with the Principal is also required, together with an Application for Extended Leave form. Leave forms can be obtained from the School Office.

Leave of **4 days and less** needs to also be approved by the Principal. **Please write a letter to your child's class teacher outlining the details of the leave, including the first and last school day that the child will be absent.**

**Leave during school terms is strongly discouraged.**

**End of Daylight Saving—  
Clocks go back 1 hour on**

**Sunday, 7th April at 3.00 am.**



Dear Parents & Carers, please note if someone else will be collecting your child **early or during school hours**, on your behalf, you need to inform the school **in writing or by email to:** (goodshepherd@parra.catholic.edu.au) **PRIOR TO PICKUP**. This policy is **effective immediately**. Thank you for your cooperation in this matter.



### **Kindergarten 2020 Enrolments**

**PLEASE!!  
NOTE**

Enrolment Application forms for Kindergarten 2020 are now available from the School Office. Parents, if you already have a child at Good Shepherd, you will still need to submit an Enrolment

Form for any **new** siblings for 2020.

### **School Fees 2019**

Dear Parents, accounts for the first instalment of school fees have been issued. If you have not received your invoice please contact the school office for a copy. Any family having difficulty completing term payments on time and who wish to make payments by instalments using cash, Centrelink or BPay etc, please contact the School Office for an appointment to set up a new arrangement. Catholic Education Office is also offering a Flexible Payment Plan (FPP) for your 2019 School Fees—details will be included with your school fee statement. **Please note that a term's notice in writing must be given to the Principal before the removal of a student or a full term's fees will be payable.**



### **No Nut Policy**

A number of our students have severe allergies. Please do not send peanut butter/Nutella sandwiches or other foods containing whole or crushed nuts or sesame seeds to school. This also includes Excursions! Your co-operation is greatly appreciated.



### **Student Supervision Reminder**

**All children must be picked up by 3.15 pm**

As you know it is a priority at Good Shepherd Primary School to keep every child safe. Teachers have a duty of care to supervise children both in class and on the playground. This supervision commences at 8.10 am each morning. **Similarly afternoon supervision of children concludes at 3.15 pm. Parents, please be mindful that all children must be picked up by this time.**

It is vital that parents seek a safe, supervised environment whilst they are away at work. It is not the responsibility of school staff to provide before and after school care whilst parents are at work. School staff have their own personal and professional responsibilities to attend to in out of school hours. Thank you for your support with this matter.

### **Year 4, Year 1 & Year 2 Grade Assemblies**

Dear Parents, please note the following dates for Year 4, Year 1 & Year 2 Grade Assemblies:

#### **Year 4**

Friday, 5th April at 2.00 pm

#### **Year 1**

Tuesday, 9th April at 2.00 pm

#### **Year 2**

Wednesday, 10th April at 2.00 pm

### **Parent Group News**

#### **Easter Drive**

Thank you to the parents who have already donated. Our Parent Group is asking fellow parents for donations of Easter Eggs, Easter Goodies and Baskets for their annual Easter Drive. We'll continue to accept donations until Friday 5th April, 2019. Please hand in your donations to the lovely staff in the school office. Thank you for your support.

#### **Raffle Tickets**

Raffle Tickets have been sent home.  
First Prize: Large Easter Egg Basket  
2nd Prize: Medium Easter Egg Basket  
3rd Prize: Small Easter Egg Basket

Tickets are 50 cents each or 5 for \$2.00.

Tickets are **due back by Friday 5th April, 2019**

**Drawn Wednesday 10th April, 2019**

Good luck and thank you!



### **Parent Group—Uniform Shop**

#### **Opening Hours:**

**Fridays 8.30 am—9.00 am**

Parent Helpers are urgently required please. If you can spare an hour or so on Fridays, would you please leave your details with the School Office. Your assistance would be greatly appreciated. Please note **only Cash** is accepted.



## Peace & Joy Awards

The Good Shepherd School Community would like to congratulate the following students for their hard work and dedication throughout the past week. These awards are presented for cooperation, respectfulness, responsibility, care, compassion, fair go and integrity.

KB	Megan Capili	KG	Robin Altun
KR	Tangikimoana Penitani	KW	Liam Stone
1B	Edwin John Elisapeci	1G	Aliyana Carson
1R	Serenity Thomas	1W	Dev Talati
2B	Aiden Dela Paz	2G	Christopher Gervacio Jr
2R	Belinda Gama	2W	Mayar El-Awar
3B	Averie Rose Sumajit	3G	Skye Ocampo
3R	Ite Tonga	3W	Saschnaa Prabhakaran
4B	Jenna Felizardo	4G	Sosaia Fihaki
4R	Julianne Tumalad	4W	Serj Pablo
5B	Aldrin Ocampo	5G	Marell Wasfy
5R	Cyrille Raposas	5W	Ty Smith
6B	Liana Banares	6G	Rianne Villanueva
6R	Elizach Singh		



### Children Absent from School

In the event of your child being absent from school due to illness, **please inform the school office by phone or email. It is necessary that a written note of explanation**

**be forwarded to the class teacher on the day of your child's return to school.** Prolonged absences from school due to illness should be supported by a medical certificate.



### Have you changed your contact details?

As part of maintaining a safe environment for all students and staff at Good Shepherd Primary School, we conduct regular Emergency Evacuation and

Safety Drills. You may have information come home from your child regarding an Evacuation Practice, please be assured in the event of a real emergency all families will be notified at the earliest possible time. **Please inform the office in writing if you have changed your contact details.** Thank you.

### Medications, Creams, Lotions etc

Dear Parents, just a reminder that any medication required for your child must be sent in to the school office in its original packaging with the medical permission form attached. This includes prescriptions, Panadol, Nurofen and all "over the counter" medication. This form must be completed with all information stated clearly eg name of medication, dosage, time of dosage to be administered, in order for the medication to be given. The Medical Permission note can be found on our school website or you can call into the school office and pick one up.

### Naplan 2019

**NAPLAN for Years 3 and 5** will be held from the 14th - 24th May. From this year NAPLAN tests will be online, except for the Year 3 writing test which will still be completed on paper. The children will use the technology that we have at school to complete the tests.

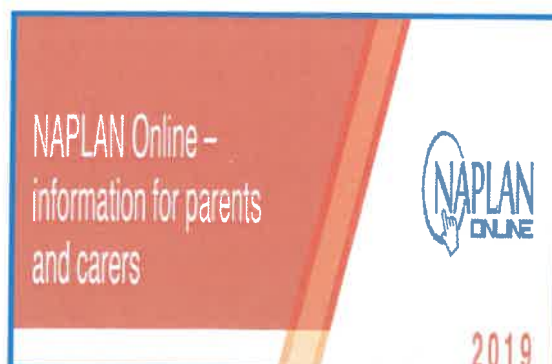
The children will complete four tests during this testing period.

Writing  
Reading  
Conventions of Language  
Numeracy

More information will come home soon though if you would like to read more, visit this Catholic Education Office Parramatta web page.

<https://sites.google.com/parra.catholic.edu.au/2019-cedp-naplan-online/information-for-parents>

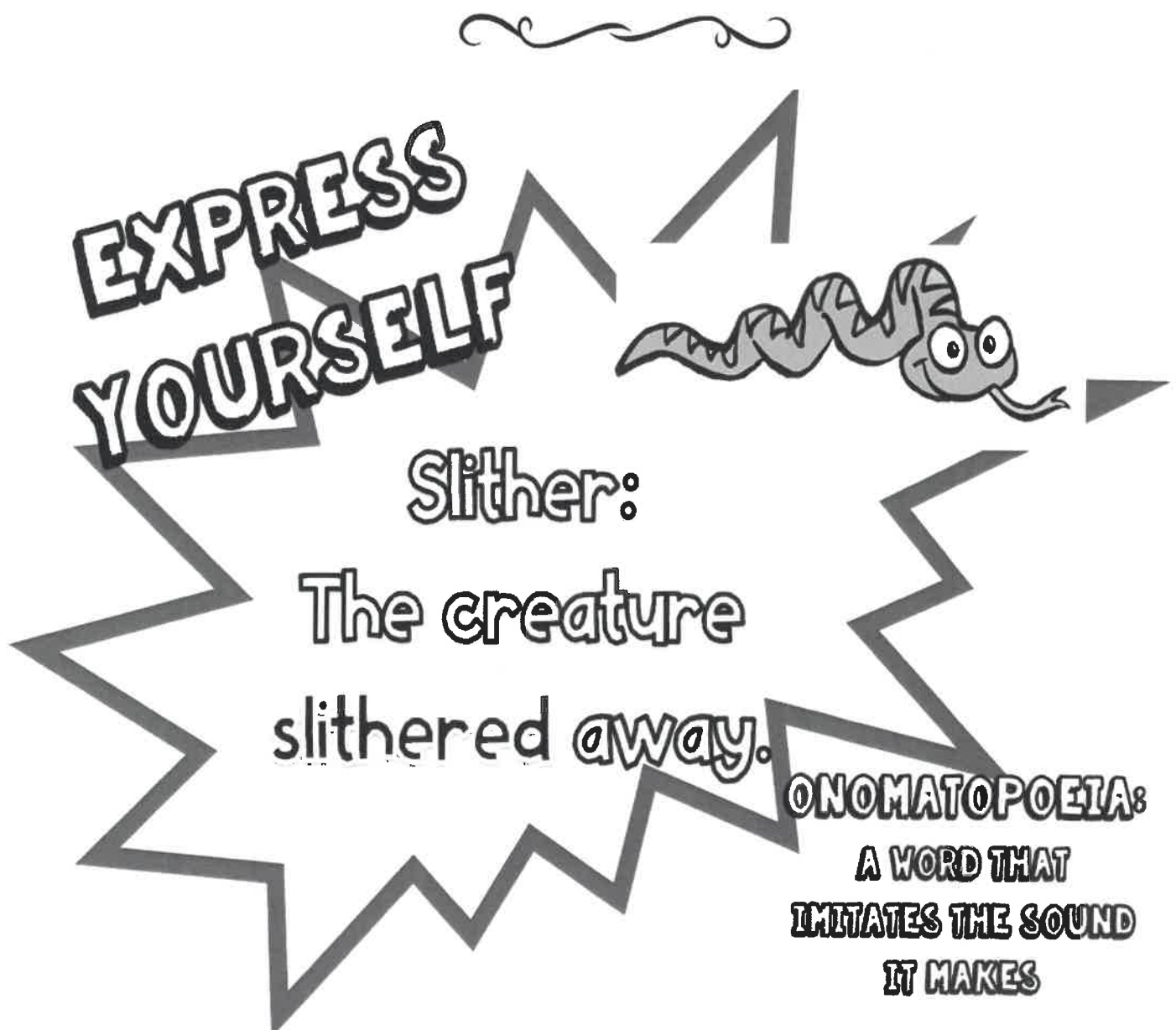
Mrs Cooke



### Infants End of Term Awards

The following students from Kindergarten to Year 2 will receive Awards for Term 1 2019. These awards will be presented at the Whole School Assembly at 8.30 am next Monday, 1st April (Week 10). Parents are warmly invited to attend.

Class	Religious Education	Learning Achievement	Learning Achievement	Consistent Effort
KB	Eli Tamani	Megan Capili	Anamanu Setefano	Sikandar Singh
KG	Femuel Agpoon	Elias Alhamwi	Krishna Dimri	Aubrey Sonter
KR	Izaac JustinJose	Taysia Paahi	Rosieann Villanueva	Leyna Pham
KW	Aryan Kumar	Krystelle Caalim	Sophia DeLaCruz	Alexander Heffernan
1B	Abigail Milag	Isaiah Ellison	Tavalliah Vakai	Arthur Alhamwi
1G	Erin Alcober	Isaac-Diesel Frias	Catherine Palu	Tyler Talisayon
1R	Violet Nguyen	Xavier Batallones	Caitlyn Dunn	Jaxon Aquino
1W	Tuoro Savea Hosking-Ellis	Zooey Davis	Owen Pender	Tript Mutti
2B	Mary Ghilagaber	Janaya Habito	Raphael Dominguez	Aashish Mann
2G	Ahaan Arora	Tamara Tamani	Sienna Tuaimau	Malia Tupou
2R	Aahana Trivedi	Kristopher Jayden Leonardo	Lauren Torres	Sophia Romero
2W	Czarina Caalim	Ysabella Mercado	Miguel Caballo	Lillian Dunn



## Attendance at School




**MISSING SCHOOL  
= MISSING OUT**

Early primary children learn new sounds and words every day. These are important building blocks upon which all future learning is built.

Help your children achieve their best by getting them to school on time every day.

every learner  
every day



# How to keep your child safe online

## TIPS FOR PARENTS

Here are some tips for parents to keep your child safe online

### BE SAFE

- Be aware of how your child uses the internet and explore it with them
- Set rules and monitor to make sure your child knows what information they can share or post online and which websites they can visit
- Teach your child to tell a trusted adult if they feel uncomfortable about something they have found on the internet or received in an email
- Discuss with your child the importance of keeping personal information private. This sort of information can be used to identify or locate where they live, go to school or activities in which they are involved

### BE RESPECTFUL

- Talk to your children about cyberbullying. Online communication should be responsible and respectful
- Children and adolescents who are being cyberbullied sometimes change their behaviour. If you are concerned they might be a victim of cyberbullying, talk to them and tell them you are concerned. Arrange to talk to a teacher or school counsellor
- Advise your child not to respond to any negative messages and to keep evidence. Tell them to report any negative messages they receive to you or another trusted
- Children and their parents can contact social media companies and ask for defamatory material to be taken down. If the material is not gone within 48 hours, a complaint can be lodged with the Office of the Children's eSafety Commissioner at [www.esafety.gov.au](http://www.esafety.gov.au)

### BE RESPONSIBLE

- Consider using inbuilt filters and controls on your digital devices and home network to manage your children's online access. Keep your virus protection up to date
- Talk with your child about being careful when downloading files or clicking on links. Some files or links may be harmful viruses or trying to obtain personal information
- Certain online activities (downloading illegal videos or music, plagiarism, sexting, identity theft, 'hacking' networks) are illegal and can result in criminal charges

For more information visit: [www.esafety.gov.au](http://www.esafety.gov.au)  
<http://cnadigitalcitizenship.weebly.com/for-parents.html>





# News from the Catholic Education Office

## **NAIDOC Week 2019 - Voice, Treaty, Truth**

NAIDOC Week 2019 will run nationally from 7-14 July 2019 and is an occasion for all Australians to come together to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people - the oldest continuing cultures on the planet.

These dates occur during the school holiday break so schools usually celebrate:

- in the last week of term 2 (1 to 5 July) or
- in the first week of term 3 (22 to 26 July)

It is recommended to start planning 3 significant activities to highlight this special event in 2019.

## **NSW Youth Week 2019 Design Competition**

Youth Week is fast approaching. This year, the NSW Youth Week theme is: Coming together to Connect, Share, Speak out, and Celebrate. The theme was decided by the NSW Youth Advisory Council 2018.

Youth Week will run from 10-18 April 2019.

To celebrate NSW Youth Week this year, the Office of the Advocate for Children and Young People (ACYP) is inviting young people between 12 and 24 years of age to enter the NSW Youth Week Design Competition.

The winner will be presented with an award and will receive shoe slides with their design printed on them for themselves, their family and friends at the NSW Youth Week Forum at NSW Parliament House on Monday 8 April 2019.

Designs can include drawings, paintings, photographs and digital illustrations. It's not about being a good artist, it's about young people showing us what inspires them.

Entries close Sunday 17 March 2019.

Click on the [link](#) to find out more and submit your application.

## **\$1000 Literary Award for Senior Secondary Students (Ref: 21/19)**

Applications are invited from senior secondary students residing in Australia or New Zealand for the 2019 Liam and Frankie Davison Award for outstanding achievement in literary writing on an issue in women's health thanks to the Royal Australian and New Zealand College of Obstetricians and Gynecologists (RANZCOG).

Applications opened 31 January and close Tuesday 30 April 2019.

This \$1000\* award provides an exciting opportunity for students, whether they are interested in medicine, science, health, sociology, politics or law. Launched in 2014, the award was renamed in 2015 in honour of RANZCOG staff member and award-winning author, Liam Davison and his wife Frankie, a secondary school teacher, in recognition of their shared passion for nurturing and encouraging young writers.

Entrants can write about any issue in women's health that interests them. Previous submissions have included fictional and non-fictional pieces addressing a broad range of issues including anorexia, child marriage, pregnancy in third world countries, assisted reproductive technology and violence against women.

For further information please contact the RANZCOG Foundation Coordinator by email at [lfaward@ranzcof.edu.au](mailto:lfaward@ranzcof.edu.au).

# News from the Bishop's Office

## **Bishop Vincent's Statement on the Christchurch Attack**

Bishop Vincent has issued a statement on the Christchurch attack. The statement can be found here:

[catholicoutlook.org/christchurchattack](http://catholicoutlook.org/christchurchattack)

## **Dr Laurie Woods**

The Confraternity of Christian Doctrine in the Diocese of Parramatta has engaged Dr Laurie Woods to present on the Gospel of St Luke. Venue: IFM Marion St Blacktown. Time: 10am – 2pm. Dates: Fridays March 15, 22, 29, April 5, 12. All are welcome. BYO lunch. Please register with Maree on 02 8838 3486.

## **Communion to the Sick at Blacktown Hospital**

We urgently require people to take Holy Communion to patients in Blacktown Hospital on Sundays.

Volunteers are currently rostered on every second month (6 times annually). Distribution of Communion takes about 2 to 3 hours. Security checks required and carpark access available. Extraordinary Ministers of the Eucharist who can help with this important ministry please contact Deacon George Bryan at Mary, Queen of the Family Parish Blacktown either via the parish office or via at

[George.Bryan@parracatholic.org](mailto:George.Bryan@parracatholic.org)

## **Good Shepherd Primary School**

134 Hyatts Road, Locked Bag 1001, Plumpton NSW 2761 - Phone: 9836 7100  
Email: [goodshepherd@parra.catholic.edu.au](mailto:goodshepherd@parra.catholic.edu.au) - Website: [www.gsplumpton.catholic.edu.au](http://www.gsplumpton.catholic.edu.au)

**Part Time Position Vacant - 12 seater Bus Driver *or* Supervising Carer to work alongside the Bus Driver**



**This is a Temporary part time position, working **Monday - Friday** from **7:00am - 9:30am**.**

**This position requires driving a 12-seater van (or the ability to supervise children and support the driver to pick up school children of a morning - Primary and Secondary) The standard C-class drivers license is required (if you are applying as a driver) no need for bus/heavy vehicle license.**

**The bus run will commence and conclude from Mt Druitt and will consist of stops around Western Sydney.**

**You would need the ability to work well with children who may be reluctant to attend school**

**Advertised: 13 Mar 2019**

**Applications close: 27 Mar 2019**

**For more information on how to apply call Stacey Dellow **Wellbeing Being Counsellor** Catholic Education Diocese of Parramatta - **0458 799 004****



# Reducing your risk of skin cancer

## The role of clothing in sun protection

### Key point

- Wearing protective clothing and hats is one of the best ways to protect your skin from the damaging effects of ultraviolet (UV) radiation.
- Choose clothing that:
  - No caps
  - Covers as much skin as possible
  - Is made of tightly woven fabric
  - Is a dark colour.

### The great cover-up

Wearing clothing and hats is one of the most effective ways to protect your skin from the sun. Clothing provides a barrier between your skin and damaging ultraviolet (UV) radiation for as long as you are wearing it and – unlike sunscreen – can't be wiped or washed off!

Some clothing – such as work and sports uniforms, rash vests and swimwear – are especially designed for sun protection. However, many clothes in your wardrobe will also provide you with good protection. When selecting sun-protective clothing and hats, consider the following aspects:

### Style

For best protection, choose:

- Shirts with collars or high necks, and sleeves
- Trousers or longer shorts and skirts that come to below the knees
- Clothing that is loose rather than stretched across the skin
- A wide-brimmed, bucket or legionnaire-style hat to protect the face, neck and ears. For adults, the brim should be at least 7.5cm or more, and for children, it should be 6cm. For children under 10 years of age, the brim should be proportional to the size of the child's head and provide shade for the whole face.
- Baseball caps are not recommended, as they do not protect the ears, cheeks or neck.

### Fabric

- Look for fabric that has a close, dense weave. Hold the garment up to the light. The less light that passes through the fabric, the better protection it will provide.
- Synthetics or mixed fabrics often have a tighter weave than natural fabrics – however, some natural fabrics such as cotton, hemp and linen can also have a tight weave, and are lightweight and cool to wear.
- Protection may be reduced if the fabric is stretched (i.e. a tight fit, or knitted or elasticised fabrics), wet or old and worn.
- Raffia and straw hats should be finely woven and should not allow pinpricks of sunlight to pass through.

### Colour

- Dark colours (such as navy, black and dark red) absorb UV rays, and prevent them from reaching the skin better than white and light colours. However, closeness of the weave is still more important than colour of the fabric.
- Avoid light-coloured hat brims that bounce sunlight back onto the face.

## Ultraviolet Protection Factor (UPF)

Fabric and clothing may be labelled with an ultraviolet protection factor (UPF). The UPF is a scale developed to rate how much UV protection a fabric provides. Fabric doesn't have to be UPF rated to provide good protection and it's important to remember that the UPF rating doesn't apply to the style or design of the garment. Clothing that is likely to have a UPF rating includes school uniforms, swimwear and clothing designed for outdoor workers. For more information, visit [www.arpansa.gov.au/services/upf/index.cfm](http://www.arpansa.gov.au/services/upf/index.cfm).

The Australian/New Zealand Standard for Sun Protective Clothing (AS/NZS 4399:1996) describes procedures used for measuring the UPF of fabrics and requirements for labelling UPF-rated clothing. The table below shows the rating system.

Protection category	UPF ratings	Amount of UV radiation blocked
Excellent protection	40,45, 50 50+	More than 97.5%
Very good protection	25, 30, 35	96.0% to 97.4%
Good protection	15, 20	93.3% to 95.9%

For more information, visit [www.standards.com.au](http://www.standards.com.au).

Any fabric rated above UPF15 provides good protection against UV radiation.

Swimsuits, rash vests, shorts, hats, tops and other active-wear rated UPF50+ are readily available, and are designed to be cool, comfortable and practical to wear.

For more information on skin cancer prevention and sun protection visit our website:

[www.cancercouncil.org.au/sunsmart](http://www.cancercouncil.org.au/sunsmart).

Cancer Council NSW recommends that when the **UV Index** is 3 or above, you should protect your skin in five ways:

- Slip on clothing that covers your arms and legs
- Slop on 30+ broad-spectrum sunscreen
- Slap on a broad-brimmed, bucket or legionnaire hat
- Seek shade
- Slide on wrap-around sunglasses.

For more information on skin cancer prevention and sun protection, visit our website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart).