

Please circulate to:

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- Year Level Coordinators

Introduction

Welcome to the February 2008 issue of the LiveSmart secondary schools newsletter. South Australian summer UV levels are high to extreme (6–12) between 9:30 am and 5.00 pm nearly every day. The Cancer Council South Australia recommends that when the SunSmart UV Alert reaches 3 or above, sun protection is used. Term 1 is usually filled with many outdoor activities such as carnivals, sports activities and camps so it is imperative that measures are taken to protect students and staff when they are out in the sun.

A reminder that if you or your class are interested in seeing UV radiation levels in real time, check the following websites:
 Adelaide readings www.arpansa.gov.au/uvindex/realtime/adl_rt.htm
 National readings www.arpansa.gov.au/uvindex/realtime/aus_rt.htm
 South Australia readings www.bom.gov.au/products/IDY05214.shtml

In my last newsletter there was some information about 26 year old Clare Oliver who died of melanoma last September. Prior to her death, she helped to drive calls for regulation of the solarium industry by warning people of the dangers of solariums which she maintained caused her skin cancer.

South Australia will become the second state to enforce regulations on the solarium industry. These laws will include banning under 18s from using tanning salons and limiting the number of visits in a set time period. There will be harsh consequences for operators failing to comply with the new laws. These changes will come into effect in March.

The Cancer Council does not recommend using solariums. Scientific evidence is mounting of a link to skin cancer. An Australian Radiation Protection and Nuclear Safety Agency study recently found under-35s doubled their risk of forming a dangerous melanoma if they used solariums.

Please don't hesitate to contact me if you require support with cancer prevention resources or implementing your sun protection policy.

Regards

Betty Lipparelli, Project Officer – Young People's Programs
 t 08 8291 4144 e blipparelli@cancersa.org.au

News update: adolescent sun protection behaviour

New research from the 2006/07 National Sun Protection Survey conducted by The Cancer Council has shown a big fall in the number of teens deliberately tanning, down 45 per cent over the past three years.

The Cancer Council Australia's CEO, Professor Ian Olver, said "results from this survey showed there had been a remarkable

turnaround in attitudes to tanning. On one hand this is very encouraging, however the bad news is one in four teenagers is still getting burnt, not because they want to get a tan but because they are forgetting to protect themselves."

He continued to say "that recent advertising campaigns were clearly having an impact, but an ongoing summer campaign was essential to reduce skin cancer death rates, which rival the annual road toll."

The National Sun Protection Survey of 5085 adults and 652 teenagers around Australia also found:

- Girls were more likely to deliberately tan (29%) compared to boys (15%).
- Boys were more likely to get sunburnt (28%) than girls (19%), as more boys spent time outside in peak UV times and were less likely to use sunscreen.
- 14% of Australian adults aged 18–69 (1.8 million) and 24% of adolescents aged 12–17 (397,000) were sunburnt on an average summer weekend in 2006/7.

Cross curriculum activity —SunSmart role plays

Aims

To encourage students to adopt SunSmart practices.
 To help students make good choices about sun protection.

Teacher guidelines

Students to form pairs and role-play one of the following scenarios.

In each role-play, one student will need to convince the other to make sensible SunSmart choices. After each role-play discuss the situation and invite students to make further suggestions.

Each scenario takes place in January

Pool party

You are planning a pool party for the weekend, with all your friends. How could you make it fun and SunSmart?

Beach

You and a few friends are planning to go to the beach. None of your friends have thought about being SunSmart. How could you help to ensure that you and your friends are protected from the sun?

Sport

One of your friends rings at 8:30 am and wants to play tennis on the local courts at lunchtime. How could you make this activity SunSmart?

Student choice

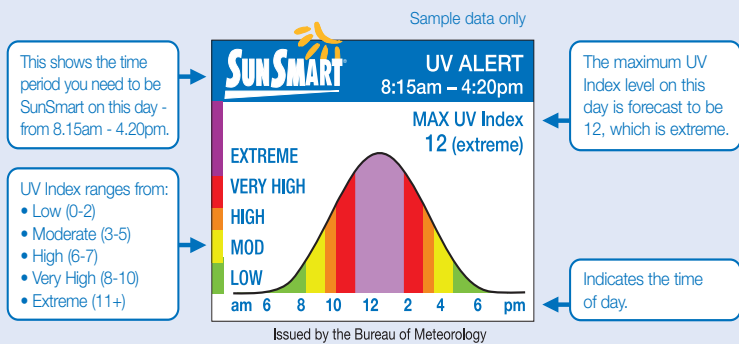
Invite students to create their own role-play scenarios.

Newsletter snippet

Find out when sun protection is needed by using the "SunSmart UV Alert" issued daily by the Bureau of Meteorology. It is published daily on the Advertiser weather page and during the Channel 9 News.

When the UV index is forecast to reach 3 or more, protection from the sun is needed - as UV radiation at this level can damage skin and lead to skin cancer.

How to read the Alert



The higher the number the more UV radiation that reaches the earth's surface - therefore the greater the potential for damage to the skin.

In South Australia the UV levels are generally 3 and above every day from September to the end of April. There are also some days in May and August where the UV level can reach 3 or more.

Is the bronzed Aussie image a health hazard?

An Australian studies illustrative program for stage 1 students

Muirden Senior Secondary College Australian Studies teacher is passionate about her subject. She has completed a PHD in Australian studies and is the chair of the SSABSA Australian studies subject advisory committee. After hearing about the Illustrative Program 'Is the bronzed Aussie image a health hazard?' she decided to trial it.

The scope of Australian Studies requires that students discuss the question "What is an Australian?" Barbara says "the course was a good way of looking at the stereotypical image in relation to the important health issue of sun protection. It also gave the opportunity to link with other health topics such as tobacco and alcohol."

According to Barbara, the course was easy to use and flexible so it could be adapted to the needs of the class especially students with diverse cultural backgrounds. The students were able to connect with global sun issues by using some of the references provided.

Some highlights included viewing the '60 minutes - Sunburnt country' DVD which showed students that they too may be vulnerable to skin

cancer. They also analysed programs such as McLeod's Daughters and Home and Away and compared TV images with their own experiences. A poster activity produced some thought provoking work depicting the bronzed Aussie image and an associated health side effect.

Apart from achieving the SSABSA outcomes, Barbara said "the course made students think about issues that they had heard about before but had not thought about too much in relation to themselves."

The Illustrative Program can be found on the SSABSA website at www.ssabsa.sa.edu.au/support/society/1aus/documents/1aus-ip-017.pdf

New resources

Skin cancer, UV radiation and protecting your skin – a PowerPoint presentation

A CD has been produced to help secondary teachers increase student's understanding of skin cancer and UV radiation and encourage SunSmart behaviour. It includes teacher's notes for easy referencing.

If you would like a free copy contact

The Cancer Council Helpline 13 11 20 or

Betty Lipparelli – t 08 8291 4144 or e blipparelli@cancersa.org.au

Real Stories about skin cancer and skin damage

This DVD will include four news items on sun protection and solariums and a teacher reference book. It is based on the 60 minutes – Sunburnt Country resource. I will send more information about how to obtain this resource in the coming weeks.



The Cancer Council SA resource outlet, 202 Greenhill Road, Eastwood

Schools ordering sunscreen, hats or sunglasses from the resource outlet will be able to obtain a 20% discount on these items. For more information phone 08 8291 4127.

The Speakers Bureau

Would you like a speaker to come to your school to talk to staff, governing council or parent groups about

- Skin cancer/SunSmart
- Bowel cancer and bowel cancer screening
- Nutrition, lifestyle and cancer prevention

To organise your presentation, contact the Speakers Bureau Coordinator on 08 8291 4111 or download a 'request for speaker' form from our website www.cancersa.org.au