

September 2011

Generation SunSmart

Wow! SA educators have certainly been busy learning on Generation SunSmart. Lots of early childhood educators have been taking advantage of updating their SunSmart knowledge as well as earning themselves some great classroom resources by logging onto Generation SunSmart. Developed by Cancer Council WA, Generation SunSmart is a fantastic educational website designed for early childhood, primary and secondary school teachers and students in years 6 – 9.

The site features information about skin cancer, being SunSmart and how to incorporate sun protection strategies into your day to day centre activities.

Teachers can undertake professional development on sun protection through 20 minute learning modules and receive a free teaching resource on completion. Students can have fun and learn lots through the Adventures of the SunSmart Kid game.

With the SunSmart season already upon us, visit www.generationsunsmart.com.au to learn more.



Create your own SunSmart poster

SunSmart has a new online resource to help children make their very own SunSmart posters with themselves as the SunSmart star! It's free - all they need is a printer and an image of their face to upload. The first step asks them to check the SunSmart UV Alert for their area to see if they need to make a sun protection or vitamin D poster. They then choose a scene, text, upload an image of their own face to place into the scene, add their name and they're ready to print off a personalised poster to display. They can also save a copy on the computer. There are sun protection, vitamin D and snow posters to choose from at www.sunsmart.com.au/createposter

SunSmart iPhone application

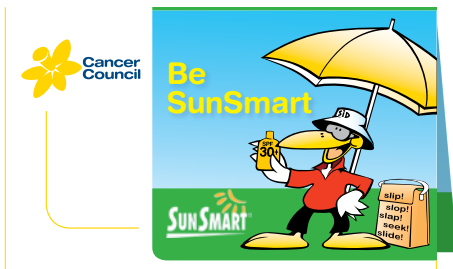
Even when it's overcast, often the UV level is still extreme and it can take just 11 minutes in the sun for skin to burn. The new user-friendly SunSmart app removes the guesswork and lets you know when you do and don't need sun protection. Within a few clicks, you can find out the weather, temperature, UV level and sun protection times for the day anywhere in Australia. The app also offers a reminder function that alerts the user of their daily sun protection needs and when it's safe to get some sun for vitamin D. It is available to download for free from the iTunes Store or www.sunsmart.com.au

Resources

New resources

Sid Seagull wallet card

Sid Seagull is the star character on a bright, new resource that should appeal to children and adults of all ages. In a handy wallet card size, this new resource reminds us to protect the skin in 5 ways whenever the UV is 3 and above – Slip, Slop, Slap, Seek and Slide. Available free of charge, the resource can be ordered on the resource order form included in this newsletter.



One of these things is not like the others

Are you looking for a new way of reminding both students and parents about the correct style of hat that is required for your centre? Cancer Council WA have developed some great new flyers showing the correct style of hat to wear that can be handed to children in the playground, included as part of your communication newsletter, or maybe just slipped into a child's bag as a reminder of what hats are recommended. This great new resource is available for downloading from www.cancersa.org.au/asp/Primary_school_teaching_resources.aspx



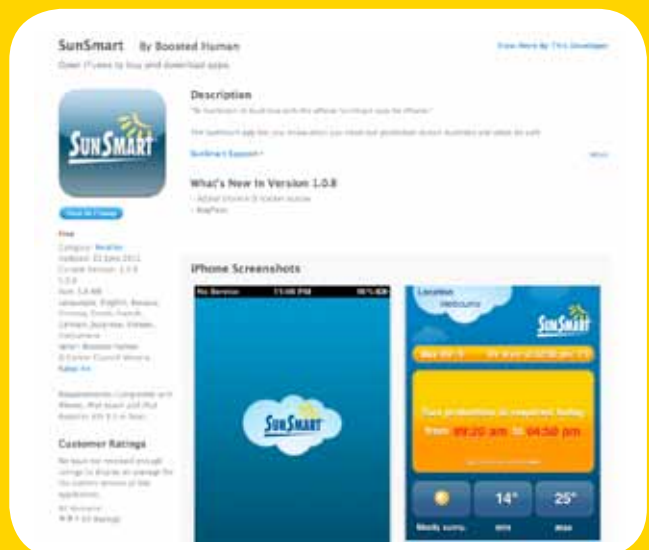
Be SunSmart, Play SunSmart

Developed for use in early childhood settings, this popular resource has recently been updated. Cancer Council was pleased to send a free copy to all early childhood centres in South Australia with further copies being available for download at www.cancersa.org.au/asp/Primary_school_teaching_resources.aspx



SunSmart UV Alert widget

Your centre can now have its very own SunSmart Alert widget on your website. Your website administrator can add the free widget by following the instructions from www.sunsmart.org.au or you can just add SunSmart to your web favourites. The whole centre community can then find out the weather forecast and predicted UV levels and times to use sun protection each day.



All ABC Learning Centres in SA are now SunSmart

A big congratulations to ABC Learning Centres in South Australia who have now all achieved SunSmart status.

SunSmart Early Childhood Program—free to join

Is your centre one of over 300 sites enjoying the benefits of SunSmart status? Free signage to display on your fence to promote to the community your commitment to protecting the children and staff in your care from overexposure to UV radiation. Be the first to find out about new teaching resources – most of them free of charge. For more information about the program or to download an application form visit www.cancersa.org.au/asp/Becoming_a_SunSmart_school_or_centre.aspx

End of year celebrations

Over the coming months, many centres will begin planning special activities to mark the end of yet another busy year. These celebrations are well deserved and a great way to complete the year—but has skin protection for staff and children been considered?

Every year we receive numerous phone calls from concerned parents about the end of year activities that have been planned or from those parents whose children have been sunburnt after a day out—at the beach or pool in particular.

Regardless of the temperature, UV radiation levels are in the very high-extreme range at that time of year and particular care should be taken to ensure children and staff enjoy a day of celebrations that don't put them at risk of skin damage. Many surfaces reflect UV radiation, increasing the risk that unprotected skin will be damaged or burnt. Water and sand both reflect UV, so particular care to ensure children are well protected at the beach or pool is important. Ensuring there is adequate shade available (particularly for passive activities), that staff and children are dressed appropriately for the activity (ie rash tops or t-shirts over bathers), sun protective hats are worn and regular reminders, and supervision to apply sunscreen, should all be a part of the day.

Please enjoy your celebrations and the wonderful weather the end of the year brings—but remember the importance of skin protection and make sure you and your students **Slip, Slop, Slap, Seek, Slide** whenever the UV is 3 and above.



Resources

Order form

Please photocopy this page and send the completed form to : Pam Bekkers, Cancer Council SA, PO Box 929, Unley BC SA 5061 or fax to 08 8291 4268.

Name _____

Organisation _____

Address _____

Contact name _____

Ph _____ Email _____

Resource	Quantity
Be SunSmart, Play SunSmart teacher resource (limited stock)	
Sid Seagull wallet card new	
Sid Seagull bookmark	
Sid Seagull postcard	
Sid Seagull TV ad DVD	
Play it safe in the sun poster	
Are you SunSmart checklist poster	
Are you SunSmart flyer	
SunSmart UV Alert pamphlet	
SunSmart UV Alert poster	

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cc@cancersa.org.au

Greenhill Lodge

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Eastwood SA 5063
t +61 8 8291 4200

Flinders Lodge

27 Dequetteville Terrace
Kent Town SA 5067
t +61 8 8291 4400

Cancer Council Shop

11 Regent Arcade
Adelaide SA 5000
t +61 8 8232 4832

Resource outlet

202 Greenhill Road
Eastwood SA 5063
t +61 8 8291 4127

 Cancer Council
Helpline
13 11 20
www.cancersa.org.au