

September 2011

Win a marquee for your school

To celebrate National Skin Cancer Action Week 2011, Cancer Council SA is giving SunSmart Schools the opportunity to win one of two marquees to assist in providing shade for outdoor school activities.

Through its SunSmart Schools Program, Cancer Council SA aims to support schools to protect students and staff from overexposure to harmful UV and to lower their risk of skin cancer.

Already a SunSmart School?

If your school is currently a member of the SunSmart Schools Program you will automatically go into the draw. SunSmart Schools need to ensure they are up to date with the latest review by Friday 11 November 2011.

Not yet a SunSmart School member?

If your school is yet to join the program, log onto: www.cancersa.org.au > [Prevention and Early Detection](#) > [School Zone](#) and complete the application form. New applications must be processed, including the signing of the SunSmart School agreement, by Friday 11 November 2011.

The prizes

All schools with current SunSmart School status on Friday 11 November 2011, will go into the draw to win one of two 3 m x 3 m marquees. One marquee will be allocated for a metropolitan school, the other a regional school. The draw will take place at Cancer Council SA on Tuesday 15 November 2011 and winners notified by Thursday 17 November 2011.



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www.cancersa.org.au

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

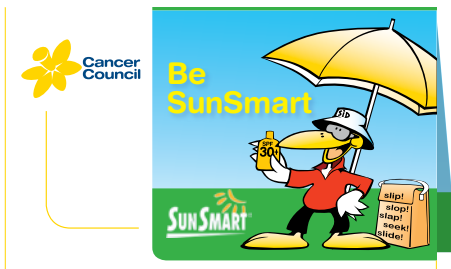
Even when it's overcast, often the UV level is still extreme and it can take just 11 minutes in the sun for skin to burn. The new user-friendly SunSmart app removes the guesswork and lets you know when you do and don't need sun protection. Within a few clicks, you can find out the weather, temperature, 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 school? 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 school yard, included as part of a school 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

Special offer for this SunSmart season

Purchase a full set of the popular Kids skin resources (lower, middle and upper primary) for the special price of just \$30. That's a saving of over \$20 on this set of fabulous teaching resources. Order your set at this very special price on the order form included in this newsletter.

Generation SunSmart

Wow! SA educators have certainly been busy learning on Generation SunSmart. Many school teachers 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 school 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.

Policy

Has your school changed its sun protection policy?

Skin protection is recommended whenever the UV radiation level is 3 and above. UV levels in South Australia are 3 and above every day from the beginning of September to the end of April. UV can still peak above 3 during August and May, so checking the SunSmart UV Alert during these months is highly recommended.

Unfortunately we have received calls from concerned parents that some schools are changing their sun protection policy from an all year round policy to a term 1 and 4 policy, putting students and staff at risk of skin damage. While Cancer Council SA recommends a hats off approach during May-August when UV levels are low, its really important to get hats and sunscreen back on again by September 1st . With UV levels on the rise in late August and early September, and UV levels averaging 6-7 by the end of term 3, the chances of unprotected skin being damaged is high.

It is recommended that a comprehensive sun protection policy is implemented from 1 September – 30 April, and the SunSmart UV Alert is used to plan outdoor activities during May and August.

For more information log onto www.cancersa.org.au/asp/school_zone.aspx

SunSmart School Program—free to join

Is your school 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 students 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

SunSmart UV Alert widget

Your school 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 school community can then find out the weather forecast and predicted UV levels and times to use sun protection each day.

End of year celebrations

Over the coming months, many schools 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 students 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 (i.e. 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 |
|--|----------|
| Teacher resource books | |
| Kidskin—set of 3 books \$30 special offer | |
| Kidskin—junior primary \$16.95 | |
| Kidskin—middle primary \$16.95 | |
| Kidskin—upper primary \$16.95 | |
| Be SunSmart—years 6–9 (can also be downloaded off website) | |
| Classroom resources | |
| Sid Seagull wallet card new | |
| Sid Seagull bookmark | |
| Sid Seagull postcard | |

| Resource | Quantity |
|---|----------|
| 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 | |
| Policy information | |
| SunSmart School policy guidelines for primary schools | |
| SunSmart policy checklist for schools | |

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Eastwood SA 5063
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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

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Helpline**
13 11 20
www.cancersa.org.au