

SunSmart newsletter

for primary schools and early childhood centres



September 2010

Generation SunSmart



A fantastic new educational website has been designed for early childhood, primary and secondary school teachers and students in years 6–9 by Cancer Council Western Australia.

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

SunSmart Schools and Early Childhood Program

While our focus for the program this year has been on getting all member schools and centres up to date with reviews, we have also continued to have new members join. There are currently just over 300 SunSmart member schools and 278 Early Childhood Centres. All these sites enjoy the benefits of free teaching resources and signage, promoting to the community their commitment to protecting children in their care from overexposure to UV radiation.

If your school or centre would like to join the program—**free of charge**—please log onto www.sunsmart.org.au and see Sun Protection at School for the checklist and application details.

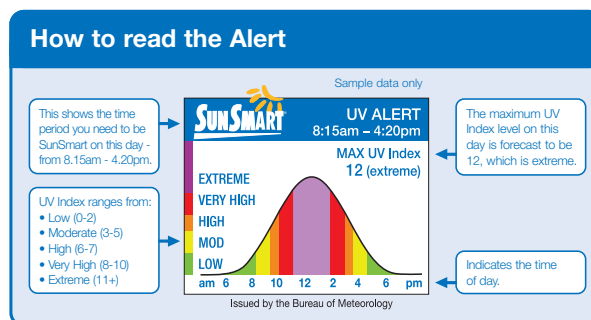
The SunSmart balance

While it is recommended that packing away our SunSmart hats and pulling on winter woollies during the months when our UV levels fall below 3, it's now time again to Slip! Slop! Slap! Seek! and Slide!

With UV radiation levels on the rise it's important to protect the skin in 5 ways once the UV level is 3 and above. As UV levels increase, so does the risk of skin damage, ensuring that the skin is well protected during the hours of the day that the UV is 3 and above (check the SunSmart UV Alert www.bom.gov.au/weather/uv) is important in the prevention of skin cancer.

Cancer Council SA recommends that schools and centres have an actively implemented SunSmart policy in place from 1 September to 30 April when UV levels are 3 and above everyday. We encourage you to check the UV Alert during August and May when planning your outdoor activities, particularly all day events, as UV levels may still peak above 3 on some days in mid-late August and in early-mid May.

For more information about UV levels and skin protection, visit www.sunsmart.org.au or phone **Cancer Council Helpline on 13 11 20**.



End of year celebrations

Over the coming months, many schools and 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 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 your 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.

Order form

Please photocopy this page and send the completed form to : Resource Centre, Cancer Council SA, PO Box 929, Unley BC SA 5061 or fax to 08 8291 4268. *Please include payment for these items with your order

Name _____

Organisation _____

Address _____

Contact name _____

Ph _____ Email _____

Resource	Quantity
Teacher resource books	
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)	
Be SunSmart, Play SunSmart early childhood teacher resource book	
Classroom resources	
Sid Seagull bookmark	
Sid Seagull postcard	
Sid Seagull TV ad DVD	
Play it safe in the sun poster	
Pick up a spade and plant some shade poster	

Resource	Quantity
Are you SunSmart checklist poster	
Are you SunSmart flyer	
SunSmart UV Alert pamphlet	
SunSmart UV alert poster	
Videos/DVDs for borrowing (please phone 13 11 20 to book)	
Sam Smart gets SunSmart	
Sun days, Fun days	
Policy information	
SunSmart School policy guidelines for primary schools	
SunSmart policy checklist for schools	
SunSmart policy checklist for early childhood centres	



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**Cancer Council
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