

SunSmart newsletter

for primary schools and early childhood centres

August 2009



Hats on time again!

After enjoying the winter sun and its vitamin D benefits, it's time now to put your hats and sunscreen back on again. The UV radiation level is rising to levels that put skin at risk of serious damage. Actively implementing your sun protection policy by the 1 September is recommended to ensure staff and children at your site are protected.

UV levels in South Australia will now reach levels above 3 every day until the end of April next year. UV levels peak over the middle hours of the day (10 am – 3 pm) when extra care is needed to ensure skin is protected.

The SunSmart UV Alert is issued by the Bureau of Meteorology daily to indicate the hours during the day that the UV radiation level will be 3 and above (ie 9:35 am – 4:10 pm) when skin protection is necessary. To find out today's UV forecast for your location log onto www.bom.gov.au/weather/uv or www.sunsmart.org.au for more information about the Alert.

Free membership to the SunSmart schools and centres program

Cancer Council SA offers your school/centre free membership to the SunSmart program. In return for implementing a comprehensive skin protection policy—which ensures students and staff at your site are protected from over exposure to UV radiation—you have access to:

- free teaching resources
- signage to display on your school fence.

To join the program, simply log onto www.sunsmart.org.au and follow the prompts to the School Zone. All applications are now online so it's as easy as ticking the boxes and attaching your policy.

For more information about the SunSmart school/centre program, please phone **Cancer Council Helpline 13 11 20**.

New SunSmart members

We warmly welcome the following schools and centres to the SunSmart Program:

- Elizabeth Grove OSHC
- Early Steps Child Care Centre—Para Vista
- Cozi Kids Child Care Centre—Felixstow
- Port Germein Primary School

New junior primary school resource

To support teachers in promoting and teaching about the importance of skin protection, Cancer Council SA is pleased to be able to send a free copy of the newly developed Kidskin junior primary teaching resource to all primary schools in SA. This resource is full of current information and supported by a host of engaging teaching activities. Additional copies of this exciting new resource can be purchased for \$16.95 by calling **Cancer Council Helpline 13 11 20**.



Schools zone

For information on skin cancer prevention, school resources and or policy information, please visit the school zone on our website www.cancersa.org.au

SunSmart resources

Call **Cancer Council Helpline 13 11 20** to order resources

Early childhood resources

Poster set - free

There are six laminated A3 colour posters showing infants, children and adults being SunSmart in typical early childhood settings. Information about sun protection and ideas for discussion and play is printed on the back.

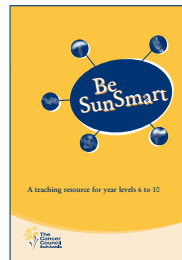


Be SunSmart, Play SunSmart—Free

A teaching booklet full of fun, SunSmart activities for young children.



Primary school teaching resources



Be SunSmart book

Thirty activities to encourage SunSmart behaviour for students in years 6 -10.

Each activity includes aims, assessment outcomes and teacher guidelines. Many activities have associated fact sheets and worksheets for easy referencing and lesson planning.

Sid Seagull bookmarks and postcards—free

Use these to help children understand SunSmart messages.



New Sid Seagull Slip! Slop! Slap! Seek! Slide! advertisement on DVD—free

This new ad has been on TV over summer.



Kidskin—Middle primary teaching resource

This resource contains a variety of activities designed to educate middle primary school students about sun safe behaviour. Cost \$16.95.

Questions?

Cancer Council SA's **Cancer Council Helpline 13 11 20** is available from 8:30 am – 8:00 pm Monday to Friday to answer all your questions about cancer, teaching resources, SunSmart school/centre program or school policy issues. Please phone 13 11 20 and speak to our friendly staff.