



Safety in Schools Week May 17th to 21st 2004

The Cancer Council WA Activity

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Activity Title

Safe in the Sun

Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
Health and Physical Activity	Knowledge and understandings Self management skills	<ul style="list-style-type: none">• Effects of exposure to the sun.• Understand the sun related risks of outdoor activities.• Identify items that help protect you from the sun.• Demonstrate the use of sun protective measures for outdoor activities.

Phases of development

Early childhood (year 1 and 2)

Activity resources required Paints/crayons, Paper

Procedure

1. Talk about times when the children are outside in summer. Get students to think of all the things that they like to do outside.
2. Ask them why they need to protect themselves from the sun during these activities. What might happen if they don't protect themselves? What can they do to stay safe?
3. Talk about when they would need to wear a hat, sunscreen, long sleeves/shorts, play in the shade and so on.
4. Have the children mime or role play an outdoor activity for their class or other classes to guess. Have them show/describe how they are staying safe from the sun with their actions.
5. The children can then paint/draw pictures of outdoor activities and how to make them SunSmart.
6. Display the completed work by:
 - Placing some pictures on the wall with a heading such as 'Being safe in the sun' or 'SunSmart Fun'
 - Using the best picture in the school newsletter
 - Incorporating a quiz to list all the ways that the children are being SunSmart
 - Displaying the pictures around the school to encourage SunSmart behaviour for the whole school.

Community Links

How could the school involve the local community in Safety in Schools Week?

- Year 6 and 7 Students could buddy younger students for this activity and could help to write a letter to the editor of the community newspaper to remind people that they need to be SunSmart and how to be SunSmart.
- Pictures drawn/painted by students (see activity above) could be put on display in the local shopping centre, local or school library. Students could develop a list of instructions for being SunSmart to be displayed with the pictures.

How could the school involve parents and seniors in Safety in School Week?

- School assemblies (with parents) could incorporate some of the mimes/role plays (see activity above), with parents & children in other classes guessing what the activities are and identifying the SunSmart behaviours that the children were miming.

Policy and Procedures

Are you aware of the schools written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education Risk Management Policy,
- visit the schools section of The Cancer Council's website www.cancerwa.asn.au/cancerinfo/schools/sunsmartschools/
- Visit the Safety Rules OK! website for guidelines www.safetyrules.health.wa.gov.au

Do you have SunSmart structures and procedures in place? For example:

- Do all students wear broad-brimmed or legionnaire style hats when outdoors?
- Does the school have a written sun protection policy?
- Does the school have shade available for all students to access during the lunch break? (UVR is at its highest levels at solar noon, usually 12 noon – 12.30pm during summer)

Other resources available

- Kidskin – Sun Safety Education Program for years 1, 2, 4 and middle childhood (years 6 and 7)
- Stickers and posters (limited numbers available free)
- Range of videos for loan and purchase
- The Cancer Council's web page www.cancerwa.asn.au/cancerinfo/schools

SunSmart Schools Accreditation Program – policy and guideline documents