



Safety in Schools Week June 12th to 16th 2006

**The Cancer Council
Western Australia**

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Activity Title **SunSmart Sausages**

Curriculum Framework Activity Outcomes

Learning Area	Learning Outcome	Specific Learning
Health and Physical Education	Knowledge and Understandings Attitudes and Values	<ul style="list-style-type: none"> Short and long term effects of sun exposure and sunburn
Science	Self Management Skills Understanding Concepts	<ul style="list-style-type: none"> Planning, designing and creating shade solutions

Phases of Development Middle childhood (typically students in years 4 – 7)

- Activity Resources Required**
- 7 thick sausages
 - Zinc cream
 - Sunscreen SPF 8 and SPF 30+
 - T-shirt fabric
 - Olive oil
 - Cardboard, glue, pop sticks etc
 - String or masking tape
 - SunSmart hats and sunscreen for anyone outside

Procedure Try this experiment on a warm, sunny day. Remind students to wear SunSmart hats whenever they are outside.

Part 1: Place the string or masking tape across the classroom as a continuum. Label one end of the continuum 'not serious' and the other end 'very serious'. Ask students to position themselves along the continuum to show how serious they think sunburn is. Write the students name on the tape at that position.

Part 2: Assemble sausages (either as a class or one per group) and apply an agent from the list below. Students can design and produce a shade structure for sausage 5 using the craft supplies outlined.

- Sausage 1: apply zinc
- Sausage 2: apply SPF 8 sunscreen
- Sausage 3: apply olive oil
- Sausage 4: apply SPF 30+ sunscreen
- Sausage 5: cover with shade structure
- Sausage 6: apply t-shirt fabric
- Sausage 7: control – nothing applied

Part 3: Place the sausages in full sun for one hour. Remove the sausages and have students note any changes that have occurred. Have students write and draw their observations and report back to the class their findings. Encourage them to make links between the sausage skin and their own skin and the effects of different coverings.

Part 4: Discuss the possible short and long term effects exposure to UV radiation may have (eg. freckles, tan, sunburn, peeling, skin cancer).

Have students recall a time when they were sunburnt.

- How did it happen?
- How did their skin react?
- How did their skin feel?
- Did they peel?
- Discuss why it is important to be SunSmart?
- Ask students to identify as many SunSmart behaviours as possible.

Part 5: Ask students to stand along the continuum again to show how serious they think sunburn is. Have any students changed their position? Invite them to tell the class why they moved. Students can discuss what they can do to reduce their exposure to UV radiation when at school or playing different sports or on the weekend.

Community Links

How could the school involve the local community, parents and seniors in Safety in Schools Week?

- Hold a SunSmart Theme day during Safety in Schools Week.
- Invite parents, seniors and the local newspaper.
- Use the 'SunSmart Sausage' activity as a demonstration.
- Contact The Cancer Council WA for SunSmart Theme Day ideas.

Policy and Procedures

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

- Check with administration
- Visit the Kidsafe WA Website for guidelines www.kidsafewa.com.au
- Visit the schools section of The Cancer Council's website for a sample sun protection policy. www.cancerwa.asn.au/sunsmart/schools

Do you have SunSmart structures and procedures in place?

- 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?

Other Resources Available

The Cancer Council WA, with the support of Healthway, has launched a new website especially for primary teachers and school health nurses. The website offers online information sessions on sun safety education. Visit: www.GenerationSunSmart.org
Complete the four 20 minute sun safety modules and receive:*

- A Kidskin sun safety education resource (your choice of year 1, 2, 4 or 6/7)
- Stickers and posters
- A certificate of completion for your professional portfolio
- While stocks last! This offer is only valid for teachers and school health nurses working in Western Australian primary schools.



www.GenerationSunSmart.org