



Sun Safety Awareness

It's that time of year again when the sun is high in the sky baking down as you relax on holiday! Well back in the real world we don't just slap on the sunscreen, t-shirt and hat when on holiday we should be thinking about protecting ourselves from the harmful rays of the sun whenever we venture outside!

Below is some useful information about Sun Safety and also a DVD, provided by the Melanoma Awareness Project.



For the second year, National School Partnership and Garnier Ambre Solaire are pleased to announce the launch of the 'Sun Protection Week' programme. Written by PSHE specialists your school can use it during Sun Protection Week, or at any time during this summer, to provide a focus for your sun protection learning objectives.

Helping you to deliver PSHE and Healthy educational resources with fun and exciting more sun aware this summer.



Schools, this 'whole-school' initiative combines educational activities to make sure your Yr 1-Yr 6 pupils become

With the "Wrap, Splat, Hat" sun protection concept, it's simple to set up a fun routine you can use in class and assembly, for pupils to learn how to properly protect themselves from the sun.



The resources include:

Two printed versions of Passport to the Sun with 8 pages of exercises, interesting facts, games and take home activities to do during the Sun Protection Week.

- one passport dedicated to Yr 1-Yr 4
- another one dedicated to Yr 5-Yr 6

Sticker sheets with appropriate sun safety messages based on basic rules such as playing in the shade and 'Wrap, Splat, Hat'

Cd Rom with additional games, printable resources, teacher notes

For more information and how to apply for your free resources please visit:

www.nationalschoolpartnership.com/sun_week_08_sign_up.php

Melanoma Awareness Project

The aim of this project is simple. We need to increase public awareness of the danger when we burn our bodies with too much sun. We need to encourage people to look for the early stages of skin cancer and to seek medical help. If caught in the early stages, melanoma can be totally cured. If left too late, it is one of the most lethal forms of cancer. It will kill. It is estimated that;

8000 new cases will be diagnosed this year

2000 people in Britain will die

85% of melanomas could be caused by sun burn

A simple aim! And we need your help. Let's start with all young people and begin to change life styles. Melanoma can only be cured if it is spotted early - and removed. It could be prevented by avoiding sun burn. We all just need to take more care. Our message is now going into all schools and colleges within Plymouth, Torbay, Bristol, Bath, Bournemouth, Poole, Somerset, North Somerset and Gloucestershire. Our target is now to reach the whole of the South West.



The DVD enclosed has 3 short films suitable for Key Stages 2, 3 & 4. Please [preview this DVD](#) before showing it to the children and young people. We hope you find it interesting and useful in supporting our aim. A web address is provided with the DVD, where more information can be found.



What is the SunSmart Campaign?

SunSmart is the UK's national skin cancer prevention campaign. We provide evidence-based information about skin cancer and sun protection for both the public and professionals.

Who runs the SunSmart Campaign?

SunSmart is commissioned by the UK Health Departments and run by Cancer Research UK. We have a small SunSmart team based at our head office in London. This team works with many other groups to deliver accurate information across the country.

To enjoy the sun safely, follow the SunSmart messages:

- Spend time in the [shade](#) between 11 and 3
- Make sure you never [burn](#)
- Aim to [cover up](#) with a hat, t-shirt and sunglasses
- Remember to take extra care with [children](#)
- Then use factor 15+ [sunscreen](#) or higher

Also, report mole changes or unusual skin growths promptly to your doctor.



For more advice, resources and information including making a [school sun smart policy](#) please visit <http://info.cancerresearchuk.org/healthyliving/sunsmart/>

(Something for Key Stages 3 & 4) "Shunburn"

Teenage Cancer Trust's sun safety campaign supported by Leona Lewis and Superdrug

- The Shunburn campaign aims to educate teenagers and young adults about skin cancer and to teach them how to behave safely in the sun.
- Skin cancer is one of the fastest growing cancers. Cases in young people have doubled in the last 20 years and it is the damage done to your skin during the early years that can lead to skin cancer later on
- Leona Lewis is the Shunburn ambassador and was photographed by Mary McCartney for the campaign
- Superdrug is funding the campaign

Campaign details:

- TCT funds a UK-wide education programme to teach young people about cancer, prevention and healthy living and the Shunburn campaign forms part of this programme
- An innovative free text alert service for teenagers. Text messages will be sent on hot days, giving useful sun safety tips, including reminders to wear sun cream and cover up. You can sign up by texting **SHUN to 80231**
- A website - www.shunburn.co.uk - which has sun safety tips and where people can sign up to receive the free text messages and be in with a chance of winning prizes such as tickets to summer festivals
- A presence in all Superdrug stores – photos of Leona demonstrating the five ways to stay safe in the sun will be in windows and around the store

Key Messages of the campaign:

- "Love the Sun, Respect Your Skin" (Shun the burn)
- Nobody wants to stop you having fun in the sun, just make sure you protect yourself like Leona does...
 - o Wear a high factor sun cream (30+)
 - o Wear a T-shirt
 - o Wear a hat
 - o Seek shade between 11 and 3
 - o Wear sunglasses



For more information and free poster for schools

please contact alison@teenagecancertrust.org and visit their website www.teenagecancertrust.org

For more information regarding sun safety policy and procedures contact South Gloucestershire Council; Philip Tranter, Health & Safety Manager—philip.tranter@southglos.gov.uk
Fiona O'Driscoll, Health Promotion Officer—fiona.o'driscoll@southglos.gov.uk