



**South Newman
Primary School**
Iron, spirit & courage



South Newman Primary School

WELCOME BACK | 6 FEBRUARY 2019

Our staff welcome you to 2019!



WELCOME BACK

Principal's Report
School Captains
First Day
Information and
Communication



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ISSUE 1

22 FEBRUARY 2019

South Newman Primary
School
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Gregory Avenue,
Newman, WA 6753

PRINCIPAL'S REPORT

Dear Parents, Carers and our School Community

It is with great pleasure I welcome you to the 2019 school year. Classrooms are bustling with excitement and learning. The school has a really happy vibe and I am feeling very confident we are going to have a great year both academically and socially/emotionally.

This year we've started with 34 new student enrolments, eight new teachers and two new ladies in the office. We sincerely welcome all our new families and staff members to our school and hope they enjoy their time with us.

A few things to keep in mind for families is that we are now a SunSmart School and it is imperative students have a bucket hat and water bottle every day, especially with the heat at the moment. Students are encouraged to wear sunscreen each day.

Our Newman Way values of Respect, Responsibility, Care and Compassion form the basis of how we treat and interact with one another at our school and how we treat our belongings and our school property. Teachers have been working on these values with the students to ensure we all can live and work together in a positive and productive way.

Lastly, if you have any concerns about your child or would like to know more about what they're learning in their class and how they're settling in please make an appointment with their teacher to have a chat. Having parents as partners is so important for the children and their education.

All the best to everyone for a super successful year at Sunny South Newman Primary.

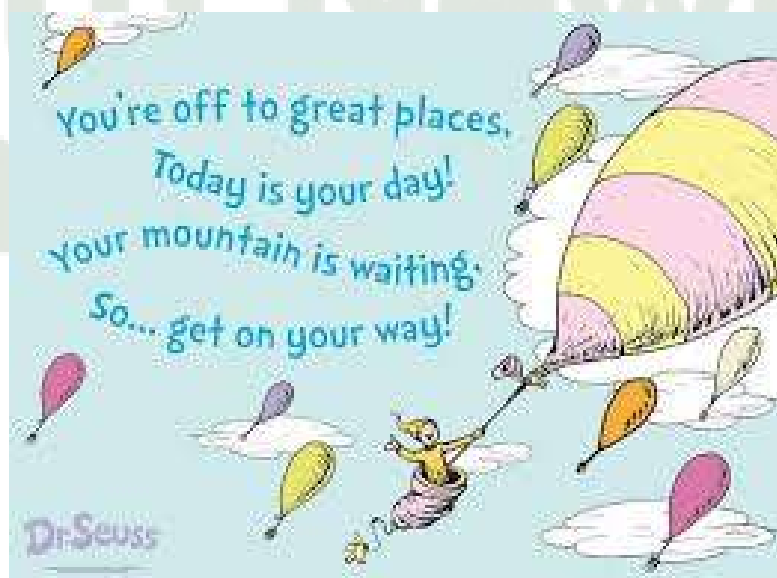
Kind regards
Katie Wallace

2019 SCHOOL CAPTAINS



Head Boy
Harry West

Head Girl
Mia Bakes







INFORMATION AND COMMUNICATION

SKOOLBAG APP

Our SkoolBag app is the most efficient way to receive current information including the newsletter and upcoming events. It can also be used to notify the school of absences.

Download the SkoolBag app on your app store.



OUR ONLINE CANTEEN

Order your child's lunches and uniforms online to save time and lining up! Register your child via the website below.

www.ouronlinecanteen.com.au



Our Online
CANTEEN

TERM 1 NEWSLETTER DATES

22nd February

15th March

5th April

INFORMATION AND COMMUNICATION



SUNSMART SCHOOL

South Newman Primary School is a registered SunSmart School. The school's policy states that all children must wear a broad brim hat at all times when outside. Students must bring a labelled broad brim hat and drink bottle to school every day.

For further information please visit <https://www.cancerwa.asn.au/prevention/sunsmart/sunsmartschools/>

UNIFORM SHOP

South Newman Primary School Uniform Shop will be open every Wednesday between 7:50 - 8:10 am.

Slip



Slop



Slap



Seek



Slide



Protect yourself in five ways from skin cancer

This newsletter

aims to support your school in promoting healthy lifestyle messages. Our mission is to work with our community to reduce the incidence and impact of cancer.

Contact us:

08 9212 4333
schools@cancerwa.asn.au

For information and support call our Cancer Nurses on 13 11 20.
cancerwa.asn.au



generationsunsmart.com.au

Crunch&Sip®



REGISTER NOW

crunchandsip.com.au

Join our community



Why baseball caps shouldn't come to school.

Eighty-four per cent of primary schools have a legionnaire's, bucket, or broad-brimmed hat as part of the uniform. There's a reason for this – they are the best choice to protect kids from the sun and to reduce their risk of skin cancer.

However, around 16% of primary schools (and most high schools) in WA still allow their students to wear caps, even selling them in the uniform shop. If this is your school, here are the reasons why this needs to change.

Caps do not provide adequate sun protection

Baseball caps do not protect the parts of the body that are most susceptible to skin cancer, that is, the ears, the sides of the face and the back of the neck. Research backs this up, but it's also pretty obvious if you have a look at the photos below.



A study¹ by the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) tested common hat styles to determine how much UVR (ultraviolet radiation) protection was provided. It concluded:

Broad brimmed hats and bucket hats provided the most UVR protection for the six different sites about the face and head. Legionnaire's hats also provided satisfactory UVR protection while the caps did not provide UVR protection to many of the facial sites.

ARPANSA looked at the amount of protection provided to different areas of the face and found that it varies significantly depending on the type of hat. The table below shows the amount of protection provided to different areas of the head by four types of hats.

Protection factors for various facial and head sites from four types of hats¹.

Hat type	Forehead	Cheeks	Nose	Ears	Chin	Neck
Brimmed	15+	2-3	6-8	6-8	>1	~2
Bucket	15	2-3	6-7	6-8	>1	~2
Legionnaire's hat	13	1-6	10	4-5	>1	>4
Baseball cap	8-10	>1	4-5	>1	>1	>1

On a sunny summer day, a fair-skinned person would receive enough UV radiation in 10-15 minutes to get sunburnt. If they wore a hat with a protection factor of 7 or 8, it would take 7 or 8 times longer to get sunburnt (i.e. 70 to 120 minutes). The table on page 1 shows caps provide reasonable protection to the scalp and forehead, but virtually no protection anywhere else. That's why we recommend either broad-brimmed, bucket or legionnaire's hats they protect the sun exposed areas of the head and neck too.

Protect your head

Over the course of a lifetime, the head receives a vast amount of UV radiation. Therefore, it makes sense to protect it properly when the UV is 3 and above.

Evidence shows childhood exposure to UV radiation contributes considerably to the development of skin cancer in later life. Educating school children and reducing their UV exposure (for example, by getting them to wear a decent hat) will have a major impact on the future incidence of skin cancer in Australia - using sun protective hats will save us money while saving lives.

Over-exposure to UV radiation during adulthood also increases the risk of skin cancer. It is equally important that all teachers and staff members are aware of their own occupational UV exposure and protect themselves by wearing a brimmed hat when UV levels reach 3 and above.

Don't wait until the horse has bolted

Once your school changes the dress code to allow caps, they are hard to remove. Parents buy them, kids wear them, and everyone thinks that the cap is preventing skin cancer (when it's not). If the uniform shop purchases caps, there may be financial implications to consider before a new sun protective hat is introduced.

In addition, your school will not be eligible to be a member of the SunSmart Schools program if caps are allowed. There's a reason for this – the evidence says caps don't keep enough UV off your head. If your school community wants to introduce a cap or needs help removing them from the uniform, get in touch with the SunSmart team and we'll provide support.



Our tips

1. Have the expectation that everyone wears a sun protective hat. That includes students, teachers, other staff, student teachers, and visiting PE or sport providers. It not only protects their skin, but it sends the right message.
2. Explain the health benefits of wearing the school hat to students. Sometimes kids think of wearing a hat as a rule to be enforced, and don't see the connection to their health.
3. Above all, keep caps out of the school uniform.

For more sun protection support for your school, visit generationsunsmart.com or contact us on sunsmart@cancerwa.asn.au or phone **08 9212 4333**.

¹ Gies, P., Javorniczky, J., Roy, C., Henderson, S. Measurements of the UVR Protection Provided by Hats Used at School. *Photochemistry and Photobiology*, 2006. 82: p. 750-754.