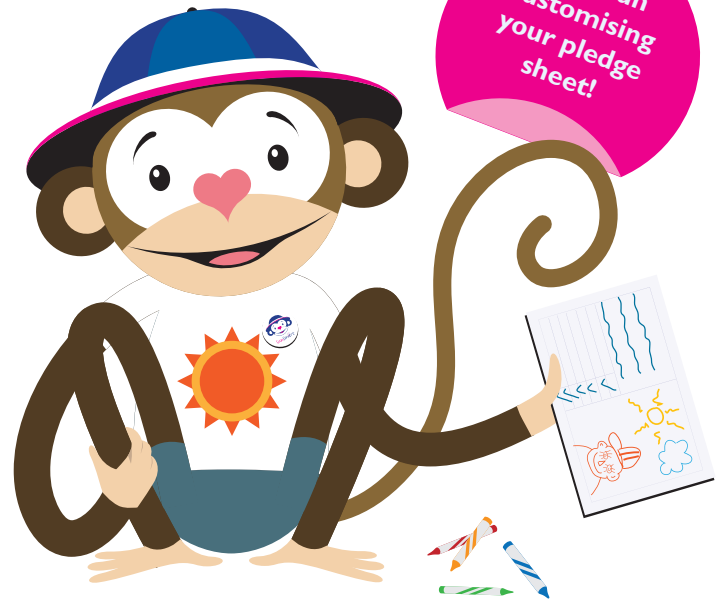


Teacher factsheet for the SunSmart 2010 Competition

What is the SunSmart 2010 Competition?

This year we are asking 5–12 year olds to make a pledge to stay safe in the sun, and creatively show us how they carry this out; for a chance to win a fantastic shade canopy for their school.

Taking part is fun and simple so why not get the whole school involved? Here are the five easy steps you need to take...



1

Check out and download the following free resources from www.sunsmart.org.uk/competition to help your class take part:

- 'Cool the monkey' electronic whiteboard animations
- SunSmart classroom poster featuring Cool the monkey
- Teacher notes about sun protection
- Pupils' pledge and progress sheets
- Competition entry forms

3

During the chosen week...

- Pupils record their progress by ticking off each day on their pledge sheet. You can reward pupils who successfully complete the full week with a SunSmart sticker.
- At the end of the week, get your pupils to creatively show how they got on, filling in the rest of their sheet with a drawing, collage or combination of words and pictures. The pictures can be as original, colourful and wacky as they like!

2

Use the resources to introduce the competition to your class. Ask your pupils to write down a pledge to enjoy the sun safely, taking at least one of the following simple steps over a week chosen by you and your school.

"If I'm outside in the playground at lunchtime then I will..."

- 1) Wear my hat and sunglasses in the sun
- 2) Bring a bottle of at least SPF15 sunscreen to school and put lots on *
- 3) Find some shade to play under when my shadow is short

Younger pupils can also choose to take one pledge as a whole class rather than individually, if this is easier.

* Please adapt this action according to your own school's policy towards pupil sunscreen use.

4

To enter...

- Select your school's five most creative KS1 and/or KS2 pledge sheets to submit. In Scotland, this will be the five most creative P1-3 level and/or P4-7 level entries.
- Fill in each sheet with the pupil's name and age, as well as the school's name and contact details.
- Send the entries in one envelope, along with the entry form, to Cancer Research UK by **Friday 18th June 2010**. Our address can be found in 'Entry Guidelines' (see reverse).

5

Cancer Research UK select the winners, who will receive a **fantastic shade structure worth £3000**, which can be erected in their playground or field, providing shade for break times or outdoor classroom activities.

There will be two KS1/P1-3 Level winners and two KS2/P4-7 Level winners (one each for England and Scotland). There will also be six runner up prizes of willow dome structures – these **self assembly living sculptures worth over £150** also provide shade for your outdoor areas.

Download all the fun resources for free from our website and register to take part at www.sunsmart.org.uk/competition

What else is in it for my school?

Apart from helping your pupils to enjoy the sun safely and having the chance to win a great prize...

Running the competition in class can support your delivery of a 'Creative Curriculum'. As well as covering points on the **PSHE syllabus**, being SunSmart can link into many subjects and learning stages such as science, literacy and more.

Educating your pupils about the value of being SunSmart is an important step towards encouraging good health in line with the **Healthy Schools Programme**. Winning schools will receive positive publicity celebrating their achievements in their local press and on the SunSmart website.

SunSmart School Policies

It is important for schools to have a **sun protection policy** in place as they are responsible for ensuring that their pupils are protected from too much sun during the school day. The policy can be short and simple, and guidelines on how to develop and implement your own policy can be found at: www.sunsmart.org.uk/competition.

Entry Checklist

- I have visited www.sunsmart.org.uk/competition to download free resources and register for updates, further resources and the chance to win a prize.
- My pupils have made their pledges, carried them out across a week and customised their pledge sheets.
- My school has chosen a maximum of up to five KS1/P1-3 Level and/or up to five KS2/P4-7 Level pledge sheets to send in.
- All the entries are clearly marked with the pupil's name and age, school name and contact details. The entries have been sent together in one envelope, with a completed copy of the entry form (downloaded from www.sunsmart.org.uk/competition) and a copy of my school's sun protection policy (if available) to: **Cancer Research UK's SunSmart Competition, Health Information 3rd Floor, 61 Lincoln's Inn Fields, London WC2A 3PX.**

Entry Guidelines

The pledging activity is designed to be flexible. If a week is too much of a commitment for this activity why not focus on one day or a couple of days. If the weather isn't sunny every day that you choose to run the challenge, remember that whilst the sun's UV rays are often stronger on sunny clear days, you can still get burnt on overcast days. However, if its pouring with rain, simply miss that day off the progress sheet or run the challenge on another day.

- Pupils are encouraged to be creative; they can use paint, drawing, collage, photography, IT and more to celebrate their pledges on their pledge sheets.
- Due to volume we are only able to return winning entries.
- All entries must be received by the **Friday 18th June 2010**. A judging panel consisting of representatives from Cancer Research UK and the UK Health Departments will choose winners and winning schools will be notified by 6th July.
- Winning schools are expected to be available to take part in any subsequent publicity.
- Full terms and conditions are available on our website www.sunsmart.org.uk/competition.



Example of the kind of shade canopy you could win for your school

'My class loved taking part in the SunSmart competition last year, they had fun whilst learning to protect themselves and we now have a brilliant shade canopy in our playground as well'

Emily Gardner – Teacher at one of last year's winning schools:
St Gregory's Roman Catholic Primary School, Farnworth

What is SunSmart?

SunSmart is the UK's national skin cancer programme commissioned by the UK Health Departments and run by Cancer Research UK, providing information about skin cancer and sun protection for all.

We especially want to help schools to be SunSmart, as sunburn in childhood doubles the risk of skin cancer in later life – now is the perfect time to get your school thinking about how to be SunSmart!

Superdrug 

Cancer Research UK would like to thank Superdrug for providing the coupons and beauty hamper registration prize for the schools competition.

Please email sunsmart@cancer.org.uk with any enquiries. All details can be found online at www.sunsmart.org.uk/competition.

Entries must be received no later than
Friday 18th June 2010

Together we will beat cancer