

# Jerdacuttup Primary School Newsletter



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<http://jerdacuttupschool.wa.edu.au/>

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*Kier Douthie*  
*Principal*

## Zones of Regulation

Last year, Principal Kate Dowling introduced a program into the school to help students develop awareness and skills in fostering self-regulation and dealing with their emotions. All of these skills help build resilience and well-being and the program is simple and easy to fit into the Health program.

The program was developed in 2011 by an American Occupational Therapist, Leah M. Kuypers, to help students learn to manage sensory input from the environment so that they can process and respond in socially appropriate ways. The program also seeks to develop self-understanding of emotions so that students are able to take greater control of their emotions as a result of sensory input.

## Swimming Lessons

Valentine's Day was sure to be the day we loved swimming lessons! Nice clear, calm water tucked in to the Hopetoun Front Beach out of the wind and a very generous ratio of teachers to students all contributed to a great start to our five days of visits to Hopetoun. Thanks to Maz Atherton, bus driver and Education Assistant all rolled in to one, we avoided the road works and arrived on time, students were monitored and supervised to maintain high standards of safety and I was able to take some great shots of the children in the water and on the sand enjoying their day at the beach.

We snuck in a short detour on the way home to show students where the lightning strike started the catastrophic bushfire last week, to emphasise the need to plan and take action when weather events put us at risk.



Figure 1: Playing 'Octopus' - a warm-up game for swimming lessons. Photo: K. Douthie

## Bushfire Education

Last week students participated in lessons directed at providing bushfire awareness and safety, clearly a topic relevant to our recent weather and local fires.

The following simple steps will help families prepare for action in the event of a bushfire.

1. **Be Aware** – What fuel bushfires need in order to burn, check weather warnings and carry out preparations leading up to bushfire season.
2. **Prepare** – Make a bushfire plan
3. **Share** – Share your bushfire plan with neighbours, check in with community members.



Figure 2: Mrs Saunders investigating the Bushfire message important for good preparation and planning. Photo: K. Marks

## Sun Safe

Ultraviolet (UV) radiation is the invisible killer that you can not see or feel. UV radiation can be high even on cool and overcast days. This means you can't rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.

Although the sunny, outdoorsy lifestyle is one of Australia's most favourable assets, it comes at a cost, with Australia having one of the highest UV levels in the world. Exposure to UV radiation from the sun and other sources, such as solariums, is the major cause of skin cancer.

Your skin remembers and records all the UV exposure over the years which contributes to your long-term risk of skin cancer.

With one of the highest rates of skin cancers in the world, Australia is known as the 'global skin cancer capital' - not a title we're proud of.

### What is UV?

UV radiation is an energy produced by the sun, as well as some artificial sources, such as arc welders and [solariums](#). It may reach you directly from the sun, or bounce off reflective surfaces such as water, pavement, or even grass. High exposure to UV radiation is linked to skin cancer, genetic damage, and immune system suppression in living organisms. There are many common misconceptions about UV, so it is critical that we educate ourselves, as reducing our lifetime exposure to UV by 20 per cent is believed to reduce Australia's incidence of skin cancer by one third.

### Five facts you didn't know about UV:

**In most parts of Australia, the UV Index reaches 11 or more in the summer.**

Daily UV levels peak around midday and on clear days, are forecast to be extreme across Australia in the summer months.

**You get sunburnt fastest when your shadow is shortest.**

When the UV is high, the sun is also high causing it to cast a shorter shadow.

**UV levels are just as strong in the morning as they are in the afternoon.**

On a clear day the UV level will be the same 3 hours before midday and 3 hours after midday.

**UV radiation is invisible and can't be felt.**

Heat is caused by infrared radiation, not UV radiation.

**UV peaks at midday even though the temperatures continue to rise in the afternoon.**

UV radiation is not dependent on heat - you can have high UV even on a cool or cloudy day.

Find out your local UV level by downloading our free [SunSmart app](#).

Australian UV level increases the further north you travel. So, when travelling don't forget to update your app location to stay updated with the local UV level.

### How you can stay SunSmart

**Remember it is about the UV not the temperature.**

So, when the UV level is 3 or above use a combination of sun protection measures:

**Slip** on some sun-protective clothing that covers as much skin as possible.

**Slop** on broad spectrum, water resistant SPF30 (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.

**Slap** on a hat - broad brim or legionnaire style to protect your face, head, neck and ears.

**Seek** shade.

**Slide** on sunglasses - make sure they meet Australian Standards.

### Art Exhibition

During the first week of school, students were put to the test to produce eight separate art pieces to be used to cover workbooks. Several techniques were used, primarily printmaking. You can see how incredibly talented we are at this by the finished workbooks.



Figure 3: Students showing the completed, functional artworks.  
Photo: K. Douthie

