

### Did anyone suggest wearing sunscreen?

Reinforce the message that it is sunscreen with an SPF of 15 or more - the higher the better. But no sunscreen will provide the protection it claims unless it is applied properly, so it is crucial that you apply sunscreen generously and regularly.

Mention that sunscreen can be easily washed, rubbed or sweated off, especially after swimming, so it needs to be applied generously and reapplied often. Parents should show children how much to apply and how to apply it.

### Show the children how to be SunSmart - part 3

#### Did anyone suggest spending time in the shade?

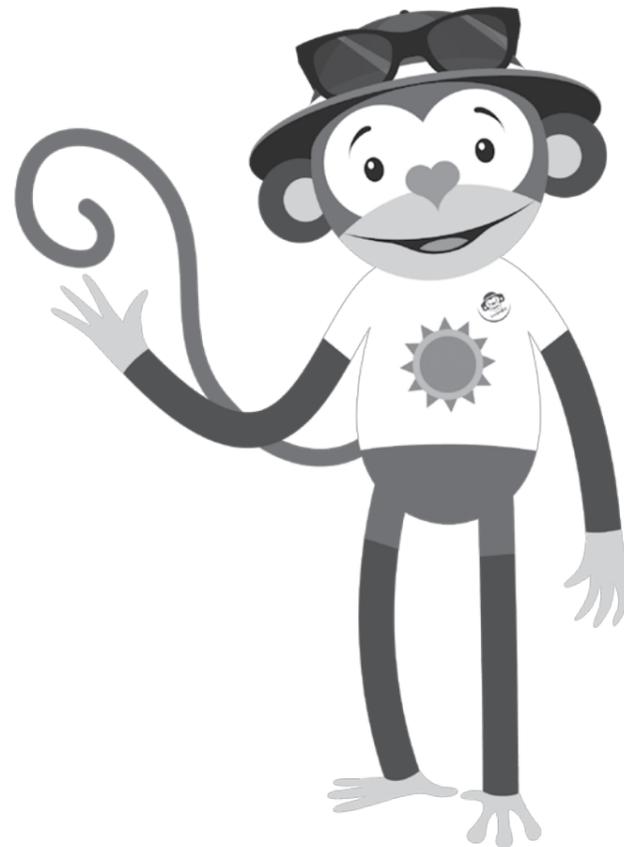
This is especially important in the middle of the day when the sun is strongest. The shadow rule is a useful way of estimating when you're more likely to get sunburnt. If your shadow is shorter than you are, then you need to protect your skin in the sunshine or, even better, relax in the shade.

Ask the children to tell you where the shadiest parts of the playground are. Can they suggest suitable activities for these areas? Could the school/staff make these areas more attractive by providing simple equipment, seats, activities etc? Is there anything the children could do to improve these areas? (If you have a school council it might be useful to set this as a future agenda item and ask the children to discuss this further in their own classes and report back to the next meeting.)

### Cover up any notes or clues you have at the front of the hall to show the children how to be SunSmart - part 4.

Ask children to name all the ways to enjoy the sun safely and reveal any that they have missed:

- **Shade** (especially in the middle of the day when the sun is high in the sky and your shadow is shorter than you)
- **Hat** (wide-brimmed for maximum protection)
- **T-shirt**
- **Sunglasses**
- **Sunscreen** (applied generously and regularly)



[www.sunsmart.org.uk](http://www.sunsmart.org.uk)

## Be SunSmart.

### Enjoy the sun safely

#### The SunSmart Campaign

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. Young skin is delicate and easily damaged, and studies have found that sunburn during childhood can increase the risk of malignant melanoma - the most deadly form of skin cancer - later in life.

But the good news is that most cases of melanoma could be prevented by enjoying the sun safely.

Cancer Research UK's SunSmart campaign is committed to helping every school to protect pupils against sunburn, which is why we are delighted that your school has registered to receive a sun protection policy pack.

In this pack you will find:

- A poster (on the reverse of this assembly plan) that you can tailor to show how your school is being SunSmart
- Assembly plan – designed to help you run a SunSmart assembly
- Lesson plans – two detailed plans for lessons designed to meet KS1 and KS2 curriculum requirements

The SunSmart Assembly can be used as a whole school assembly or teachers may like to use it as individual class or year assemblies. It is fun and interactive and uses some engaging animated whiteboard content featuring Cool the Monkey. All the content in the pack is designed to engage your pupils at the same time as informing them of the key SunSmart messages and encouraging them to enjoy the sun safely.

We hope you enjoy using it.

[www.sunsmart.org.uk](http://www.sunsmart.org.uk)



## SunSmart Assembly Objectives

To help children to understand that some sun is good for us, but to also be aware that sunburn is not a good thing and can lead to missing out on activities.

To help children understand that there are a few simple things that can be done to avoid sunburn and enjoy the sun safely:

- Cover up with clothing and a hat
- Spend time in the shade, especially when their shadow is shorter than they are.
- Wear at least factor 15 sunscreen – and apply it generously and regularly

To present the above ideas in a way that makes safe enjoyment of the sun seem easy and fun. Keep messaging positive and up-beat.

## Preparation

Cancer Research UK has produced four animations that you can show to your pupils to introduce the SunSmart messages. You may find it useful to watch and download these animations prior to your assembly to avoid any technical problems. They are available to download here:

<http://www.sunsmart.org.uk/schools/schoolsresources/animations>

It may also be useful to have a flipchart and a collection of props or picture cards (sunscreen, t-shirts, sunglasses, wide-brimmed hats etc) to help put the message across in a visual and interactive way.

## Assembly

Ask the children to suggest what they like best about the summer and collect their ideas on a flipchart.

Tell the children how much you enjoy the summer and what you like best but explain that sometimes summer fun gets spoilt and not just by the rain. Ask the children what might spoil summer fun.

Explain that sunburn is one thing likely to spoil summer fun, as it is dangerous, painful and can mean having to sit out activities. But the good news is that there are a few very easy ways to prevent it!

**Show film of cool the monkey here if possible – as a precursor to the info to follow**



## Show the children how to be SunSmart - part 1

Ask them to suggest ways that might help them be SunSmart and collect these on the flipchart.

Key SunSmart messages to look out for are:

- Spend time in the shade, especially in the middle of the day when the sun is strongest
- Cover up with clothing, a wide-brimmed hat and sunglasses
- Apply at least SPF 15 sunscreen. We also recommend using a sunscreen that is labelled 'broad spectrum' or has at least 4 stars, meaning that it offers protection against UVA and UVB rays.



## Show the children how to be SunSmart - part 2

**Did anyone suggest wearing hats, t-shirts and sunglasses?**

Use some of the props to reinforce this message. You can have a large dressing up box with a mix of hats, t-shirts and sun glasses, perhaps with a mixture of suitable/unsuitable options. Inappropriate hats would be those that do not provide shade for the face and back of the neck. Inappropriate t-shirts would be those that do not cover areas that are easily burnt, such as the shoulders or tops of arms, or that have an open weave that could allow UV rays to penetrate the material. (More info is available at [sunsmart.org.uk/advice-and-prevention](http://sunsmart.org.uk/advice-and-prevention)).

Challenge some of the children to choose and put on some appropriate sun wear and then ask the remaining children to vote on whether they are right (Give the children signals to use such as thumbs in the air for 'Yes' and hands on their head for 'No' if you don't want them to shout out).

If you don't have a dressing up box try showing the children pictures of people in summer wear and ask them to vote or ask two members of staff to help you out. Ask the children which member of staff is dressed appropriately and then ask the children what the other member of staff needs to do so that (s)he is dressed more suitably.

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