



# Naracoorte High School

## Newsletter

ISSUE 10 28TH OCTOBER 2021

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### SCHOOL EVENT DATES

#### TERM 4

##### October

- 28<sup>th</sup> RAP Program - Yr 11  
29<sup>th</sup> Yr 8/9 Boys Tennis

##### November

- 1<sup>st</sup> Maths Methods Exam  
Essential Maths Exam  
3<sup>rd</sup> General Maths Exam  
Governing Council Meeting 6.30pm  
4<sup>th</sup> Modern History Exam  
5<sup>th</sup> Biology Exam  
8<sup>th</sup>-12<sup>th</sup> PE Week  
8<sup>th</sup> Yr 8/9 9-a-side Soccer  
9<sup>th</sup> Chemistry Exam  
Yr 6 Transition Day 1  
10<sup>th</sup> Speak Off Competition  
- NHS Library 6pm  
Yr 10 Boys & Girls Basketball Finals - Adelaide  
12<sup>th</sup> Festival of Sport  
16<sup>th</sup> Yr 7 Transition Day 1  
18<sup>th</sup> Yr 12 Celebration Ball  
19<sup>th</sup> STUDENT FREE DAY  
22<sup>nd</sup> Yr 6 Transition Day 2  
23<sup>rd</sup> Yr 9 Drama performance - 2pm and 5.30pm

### *From the Principal ...*

It is with great pride that I have had the privilege of working with staff to ensure our Year 12 cohort received a fitting 'send-off' on Friday. Saying farewell to our Year 12 students brings about many big emotions for many people, particularly those who have worked with, and have known, these young people for all of their schooling at Naracoorte High School. For the young people who are transitioning into the next phase of their life, the following quote seems fitting, particularly when the familiarity of school becomes the unfamiliar next steps in life.

*"Start by doing what's necessary; then do what's possible, and suddenly you are doing the impossible."*- St. Francis of Assisi

Equally relevant is this quote as we work hard with our feeder primary schools and Middle School teams, including staff and students, in welcoming our 'double cohort' of Year 6 and 7 students to High School in 2022.

All visits to our local primary schools have been completed. The purpose of these visits was to introduce key personnel and to provide an opportunity for students to ask questions regarding transition to High School in a familiar environment. The next stages of Transition include short visits from feeder schools to the high school with primary school teaching staff and support staff overseeing as secondary staff and students conduct tours of our site. There are many areas highlighted for our transitioning students to tour which include: - Front Office, Student Services Office, Wellbeing Hub and ICT Office to support an understanding of the administrative areas of our site. Hall, Library, Toilets and Courtyard areas highlighting shared common areas and their purposes.

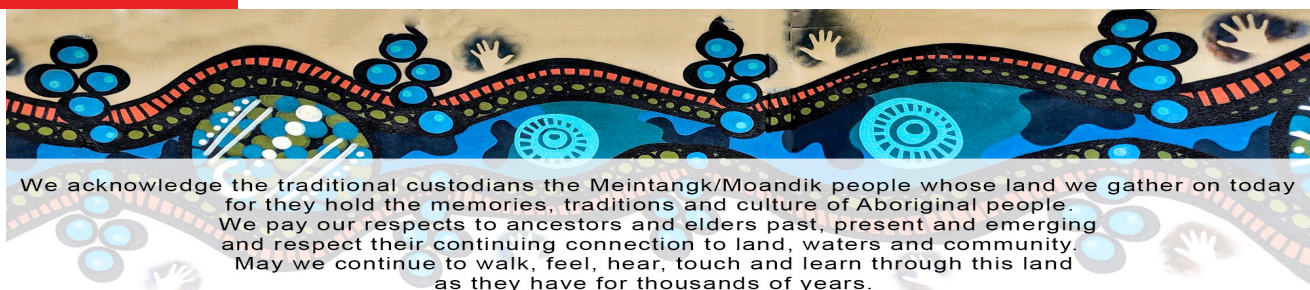
Young people transitioning will also visit most teaching and learning areas and will be able to see from a distance our three new builds which will be completed by the end of 2021 – ready for use in 2022.

We look forward to ongoing Transition visits leading up to the final two-day visits which will occur towards the end of the term. This will see our transitioning young people visiting as a Year 6 cohort on Tuesday 9/11 and Monday 22/11 and our Year 7 cohort on Tuesday 16/11 and Monday 6/12.



Government  
of South Australia

Department for Education



We acknowledge the traditional custodians the Meintangk/Moandik people whose land we gather on today for they hold the memories, traditions and culture of Aboriginal people. We pay our respects to ancestors and elders past, present and emerging and respect their continuing connection to land, waters and community. May we continue to walk, feel, hear, touch and learn through this land as they have for thousands of years.

All students will be required to attend these days to further support their learning and knowledge of how our site operates on a day to day basis. The Transition Team have created a wonderful timetable which will enable positive learning opportunities for our transitioning young people along with a chance to meet, mingle and get to know staff and students from the High School and students from all feeder schools within our district, who will be attending Naracoorte High School in 2022.

With the ongoing facility builds and the addition of transitions in mind, please note that motorists are required to slow down to 10 kilometres per hour within the confines of the school. We recommend that you use the front section of the school as a drop-off/pick-up zone only rather than a parking area. This area is a thoroughfare for busses also, stationary vehicles will need to be as far left as practicable and no parking is permitted on the oval and/or grassed areas within the grounds.

Motorists are also required to slow down to the 25 km/h speed limit between school zone signs external to the school when children are present. This includes at the school crossing when the lights are flashing, passing a school bus that has stopped to pick up or drop off children and along any part of the main road that children are pedestrians within the school zone. Thank you for supporting us and the community in keeping our young people safe on the way to and from school. Wishing you all a lovely remainder of the year.

*Best wishes  
Kylie Smith  
Principal*

# SCHOOL MAGAZINE 2021

Orders are now being taken for this year's School magazine. The cost for this magazine is \$24.00 and orders must be forwarded to the Front Office with this form. Payments can be made by cash, credit card or EFT.



Student Name  
PBL Group

.....

.....



Naracoorte High School - 0786		
Notice of Materials and Services Charges for 2022		
Notice of Charges for Year 7 - Year 12		
HEADING	ITEMS AND SERVICES	COST (\$)
Printed and electronic materials related to the educational program and which are provided for the student	Workbooks	\$0.00
	Text Book Hire / E-Book Access	\$25.00
	Photocopied Material	\$30.00
	<b>SUBTOTAL (ZPREM)</b>	<b>\$55.00</b>
Stationery items that are provided for the student	Stationery Items	\$0.00
	Id Card	\$5.00
	Other [please Specify]	\$0.00
	<b>SUBTOTAL (ZSTAT)</b>	<b>\$5.00</b>
Materials and Services that are provided by the school for the student to consume or use the materials or take ownership of a finished article produced by the student with the materials	Access to Student Information Technology	\$185.00
	Access to Machinery	\$0.00
	Access to Equipment	\$25.00
	Curriculum/Subject Supplies and Services	\$210.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
<b>SUBTOTAL (ZACMS)</b>	<b>\$420.00</b>	
Materials for inclusion in the school library and to enable use by the student	Library resources including access to borrowing library resources	\$20.00
	<b>SUBTOTAL (ZACLI)</b>	<b>\$20.00</b>
<b>Total Materials and Services Charge (excluding Subject Charges)</b>		<b>\$500.00</b>

These subject charges are in addition to the Materials and Services Charge above for those students undertaking the following subjects.

Subject Description	Cost (\$)
Year 10, Year 11, Year 12 Outdoor Education	\$130.00
Year 10, Year 11, Year 12 Physical Education	\$130.00
Agricultural Pathways	\$100.00
Year 10, Year 11, Year 12 Design & Technology - Materials	\$65.00
	\$0.00

Dear School Community:

The watermarked "Notice" indicates the Materials & Services Charge for 2022 of \$500.00, along with subject charges for Outdoor Education, Physical Education, Agricultural Pathways, Technology Studies – (Woodwork & Metalwork).

You are invited to attend an upcoming Governing Council meeting to be held on Wednesday 3rd November 2021, 6.30pm in the School Library where this charge will be discussed prior to approval being sought.

If you are unable to attend this meeting you can express your views in writing to the Chairperson of the Governing Council, Andrew Shepherd, prior to the meeting. If you require further information, please contact the school on 8762 1333.



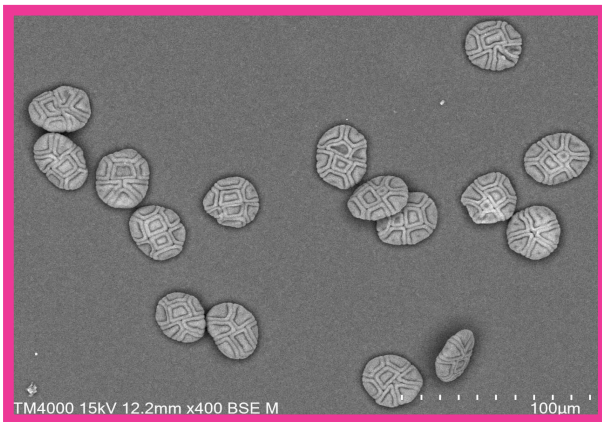
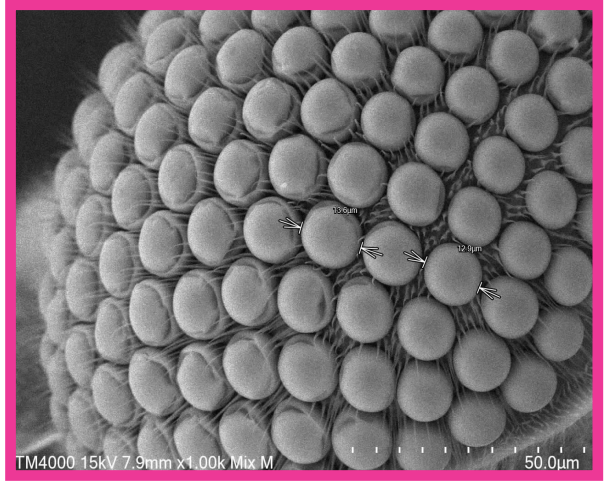
# SCIENCE NEWS

During the last week of Term 3, students were guided through the use of a Scanning Electron Microscope, on loan from Inspire Stem Education.

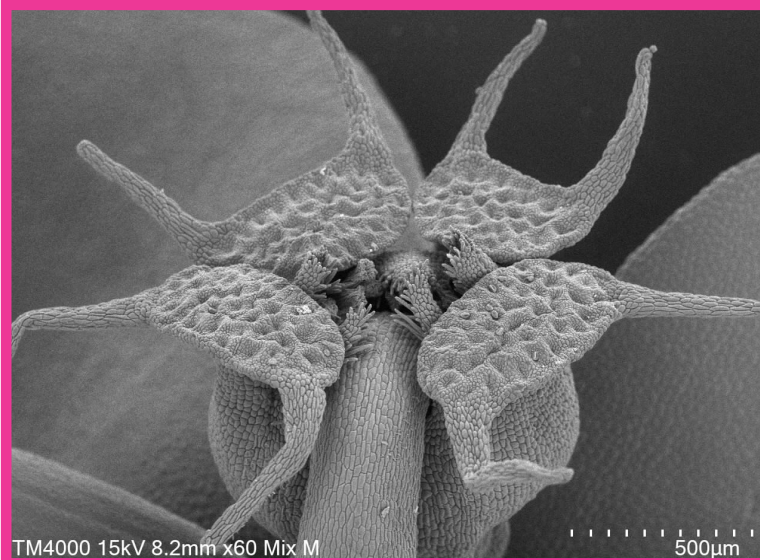
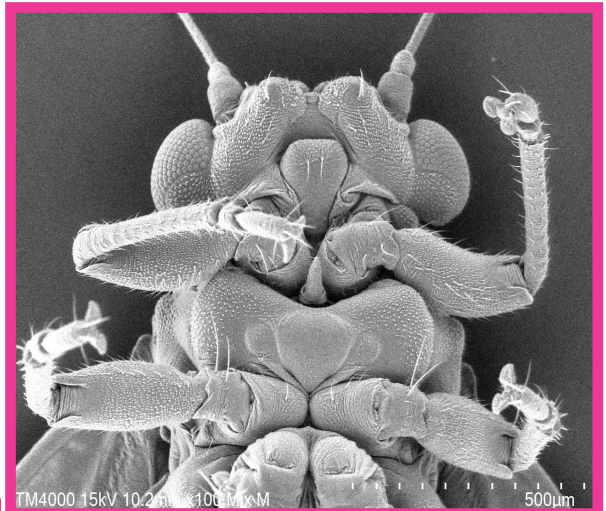
Unlike optical microscopes that use light to magnify an object, scanning electron microscopes use a beam of high-energy electrons to scan the surface of objects. They are capable of magnifying an object up to 100,000 times, revealing details down to the nanoscale level.

The \$200,000 microscope amazed both students and teachers in examining many features at a microscopic level, with particular emphasis on insects, fungal spores, flower parts and pollen grains.

The STEM areas of the school have also been brightened, with a Science themed mural painted during the school holidays. Tamara Zerk designed the mural to illustrate the concepts of Biology, Physics and Chemistry linked together at High School. It was her first time painting and a fabulous result for the school, with many positive comments.



*Tamara Zerk  
Science Lab  
Assistant*





# Knockout Boys Basketball

On Thursday 23rd September, the Year 10 Boys headed to Millicent for the first round of State Wide Knockout Basketball. The boys came up against Mount Gambier in the first game and had a convincing win. They went straight onto game two where they contested a highly physical game against Millicent. They ran out eventual winners 32-22. After having a break and cheering on the girls who were also playing, the boys came up against Bordertown and ran away winners 31 -15. Onto our final game against St Martins Lutheran College with the boys winning 29-17, after coming out on top in the round without dropping a game. The boys will now go on to contest the State Finals in Adelaide this term.

## Team members:

Jack Wilkinson - 52 points for the day  
Ben Johnson - 33 points for the day  
Russell Uyanguren - 11 points for the day  
Jacob Lawrie - 10 points for the day  
Ram Austria - 8 points for the day  
Sam Leehane - 5 points for the day  
Tommy Anderson - 4 points for the day.

Thank you to Emma Pounsett for coming as our umpire for the day and Teisha Wilkinson for coming as our scorer. Thanks also to Xian Rala for Assistant Coaching.

*Tammy Schinckel  
Coach Year 10 Boys Basketball*



# ***KNOCKOUT BOYS CRICKET***

On Monday of Week 2, the Years 8,9 & 10 Boys T20 Cricket team ventured to Mount Gambier to take on the winner of the match between St Martins Lutheran College and Mount Gambier High School in the regional schools Twenty/20 Competition.

We arrived as the first game was winding down, with St Martins taking the win over Mount High, setting us up for the second and final match of the day against St Martins' Year 10 team.

We lost the toss and were sent into bat first – the windy conditions weren't great for either batting or bowling. A thick outfield which slowed up any balls that made it past fielders at midwicket, meant scoring was slow for the first few overs.

Some handy bowling and quick hands in the field saw us lose three quick wickets, however, some level-headed batting from some of our Year 10's saw us steady the ship and prevent a complete collapse.

We kept our final wicket until the 12th over, with St Martin's bowling us out for a total of 38.



Our bowling started off much stronger than our batting, as we took a couple of wickets early on, giving us a glimmer of hope. St Martins' middle order steadied after the 5th over and managed to carve out some runs despite our tight bowling and quick fielding.

St Martins reached our score in the 8th over, with us taking four of their wickets for their troubles. Despite the score, the team performed fantastically, particularly considering it was the first time several players had stepped foot on a cricket pitch.

A huge thanks to Mr Hicks for organising the day and supporting our students to experience these great opportunities against other schools in the region.

Elliott Johnson  
Teacher



# MT GAMBIER SHOW STEERS

Finally all the hard work and trainings paid off, with the Steer Team being able to attend their first show for the year. Nine students attended the Mount Gambier Show with three steers.

The first day students were all able to participate in the handlers competition. Matilda Rothe placed 2nd in the Experienced Handlers and Emily Fretwell placed 3rd in the Novice Handlers.

All students did a fantastic effort and it was a strong competition with over 100 students competing.

On the second day, the steers were judged. Spence's Tour of Duty placed 3rd, and the other steers held their own in a very strong line up.

We now wait for the all important carcass results in the coming weeks.

Thank you to the Elyward Family, Jono Spence and the Rainsford family for their generous donation of the steers.

Emma Phillips  
Ag Teacher





# Library Resource Centre

This term we farewell our current Year 12 students. The Library staff would like to wish them all good luck for their exams and best wishes for their future careers as they head out into the big wide world.

A reminder that all Year 12 textbooks, calculators and anything else borrowed from the library, need to be returned after their final exam or after their final assignment has been completed.



## From the Archives

A reminder of how some of our Year 12's looked as Year 8's



**Naracoorte High School**

Year 8 - 2017

Principal: Kym Grant

Teachers: John Agnew, Bill Briggs, Barbara Carroll, Coby Crane, Linda Currie, Chelsea Dahlenberg, Claire Ellis, Katie Gale, Michelle Gasparini, Tony Hill, Yvonne Hutchinson, Rick Lane, Barbara Lohmann, Emma Longbottom, Emma Phillips, Meredith Schenk, Narelle Smith, Kate Thomas, Rosella Thompson, Hayley Westbrook.

New books now available from the school library



Anita Miles Library Manager



# Library Resource Centre

## International School Library Month

October is International School Library Month and this year's theme is 'Fairy Tales and Folk Tales Around the World. To celebrate this the library was open for the whole of lunch each day in Week 2. The 2019 film *Aladdin* was played during lunch, there was a display of fairy tale and folk tales books plus the usual board games and cards were available.



### Fairy Tales and Folk Tales Around the World



International School Library Month 2021

International Association of School Librarianship

<https://www.isli-online.org/ISLM>



This week the Library is celebrating SA Children's Week. Again the Library will be open for the whole of lunch for students to come in, chill out, watch a 'student choice' film, play board games, cards, have a go at the library puzzle, read books, magazines, etc.



# YEAR 7 TO HIGH SCHOOL IN 2022



## Parent Update Week 1, Term 4 – 2021

### There's a lot to look forward to

From specialist learning facilities to new friendships and greater independence, there is a lot for our current year 6 and 7 students to look forward to when they start high school next year.

In 2020 we started welcoming year 7s to three public SA high schools as part of a pilot program, so we could learn from their experiences.

When surveyed early in Term 2 of that year, 91% of pilot students said they felt happy at their new schools, and 90% of parents said the high school experience had met or exceeded their expectations.

Below are some of the benefits you can expect from the year 7 to high school move in 2022.

### Opportunities for learning

Our primary schools have been doing a wonderful job of teaching year 7s. But, under the Australian Curriculum, year 7 is designed to be taught in high school, with access to specialist facilities like science laboratories, kitchens and performing arts spaces.

Each high school is different, and the facilities and subjects offered sometimes vary, depending on the needs of their individual communities. Check with your school about the specialist facilities and subjects your child will get to experience in 2022.

### Extra-curricular options

High schools generally offer a range of extra-curricular learning opportunities that students can choose to participate in. These may include sports, special programs, clubs and music groups.

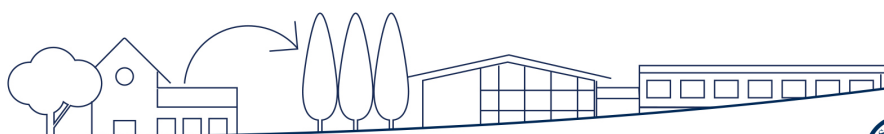
Check with your school to find out what extra-curricular learning it offers and talk to your child about getting involved.

### Greater independence

Going to high school usually means moving between classrooms and learning different subjects from a range of specialist teachers.

More than 90% of pilot students interviewed said they liked using specialist learning areas and 89% said they liked having a range of teachers.

Several parents involved in the pilot told us they were proud of the independence and organisational skills their children gained in high school. Some of their comments are listed below.



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# YEAR 7 TO HIGH SCHOOL IN 2022



**“He liked that they were trusted to find their way to their own classes.”**

– pilot program parent.

**“Photography, science and cooking have helped her to enjoy interactive experiences.”**

– pilot program parent.

**“Adjusting to a new environment has taught her flexibility and adaptability.”**

– pilot program parent.

**“We definitely get treated like we’re older, which makes most of us act like we’re older and we get treated with that maturity.”**

– pilot program student.

## **Making friends**

When interviewed at the end of term 1, 97% of pilot program students said they had made new friends and, for many, this was a highlight of their high school experience.

Most high schools are larger than primary schools and being part of a larger cohort gives your child a good chance of finding new like-minded peers. Our high schools also encourage students to get to know one another through transition programs and group learning activities.

One student from our pilot program had this advice:

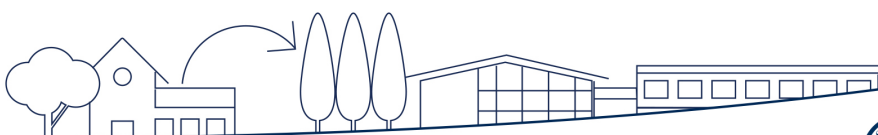
**“Just sit next to someone in class that you feel comfortable with or mix it up and sit with someone you don’t know and get to know them. Just start talking to them when the teacher’s not talking, and you’re allowed to.”**

– pilot program student.

### **Where to find out more**

Stay informed through your school and the Department for Education’s website:  
[www.education.sa.gov.au/7toHS](http://www.education.sa.gov.au/7toHS).

Or share your feedback with the project team by emailing: [Year7toHS@sa.gov.au](mailto:Year7toHS@sa.gov.au).



Government of South Australia  
Department for Education

# Student Achievements

## TENNIS:

2021 ANZ Foundation Tennis Cup. Congratulations to the South East team and to Kiele Longbottom who was voted Best Sportsperson in the 15&U Girls.

Poppy Moyle-Read made the Semi Finals and Kiele Longbottom in the consolation semi final. Poppy was the winner of the U/17's Regional State Title in the individual event and is now a member of the SA team that will compete in Queensland in December.



## PONY CLUB:

Pony Club South Australia held their part of the Pony Club Australia Nationals in the holidays and Trinity Watson competed in the discipline of Quiz which is a knowledge based test both as an individual and then with three other team members to answer questions. They also have Dressage, show jumping, combined training and mounted games. Results will be collected and placings awarded in December. Congratulations on such a fantastic effort

## NATIONAL KARTING TITLES:

Congratulations to our 2021 Australian National Karting Title plate winner: KT Twin: Mitchell Ludwig A2

## BASKETBALL:

Congratulations to Jack Wilkinson - Pioneers Basketball Next Generation Commitment to Excellence Award for 2021.

Naracoorte Kings - Winners of the U/18 Boys Murray Bridge Squad Basketball





## TERM 4 2021 CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	11/10	12/10	13/10 Life Ed Van visit Defence Forces visit	14/10	15/10 Yr 8/9 & 10 Knockout Boys Cricket
<b>Week 2</b>	18/10	19/10	20/10 Mt Gambier Show Steers  Yr 8/9 Boys & Girls Basketball	21/10	22/10 Yr 12 Celebration Breakfast
<b>Week 3</b> <b>Newsletter</b>	25/10	26/10	27/10 Finance Meeting 5.30pm  Yr 8/9 Girls Cricket	28/10  RAP program – Yr 11	29/10  Yr 8/9 Boys Tennis
<b>Week 4</b>	1/11  Maths Methods Exam 9am  Essential Maths Exam 1.30pm	2/11	3/11  General Maths Exam 1.30pm  Governing Council 6.30pm	4/11  Modern History Exam 1.30pm	5/11  Biology Exam 9am
<b>Week 5</b>	8/11  Yr 8/9 9-a-side Soccer   PE Week	9/11 Chemistry Exam 9am  Yr 6 Transition Day 1	10/11 Speak Off Competition 6pm  Yr 10 Boys & Girls Basketball Finals, Adelaide	11/11	12/11 Yrs 8 -10 Festival of Sport
<b>Week 6</b> <b>Newsletter</b>	15/11	16/11  Yr 7 Transition Day 1	17/11	18/11  Yr 12 Celebration Ball	19/11  <b>STUDENT FREE DAY</b>
<b>Week 7</b>	22/11  Yr 6 Transition Day 2	23/11  Yr 8/9 Boys Basketball Final Yr 8/9 Girls Basketball Final  Yr 9 Drama performance 2pm and 5.30pm	24/11  Yr 8/9 Tennis Finals  Finance Meeting 5.30pm	25/11	26/11
<b>Week 8</b>	29/11 Yr 9 camp  Yr 10 Industry trip – Adelaide  Pre – Year 12 classes	30/11	1/12  Governing Council 6.30pm	2/12	3/12
<b>Week 9</b> <b>Newsletter</b>	6/12  Yr 7 Transition Day 2	7/12  Presentation Assembly	8/12	9/12	10/12  <b>STUDENT FREE DAY</b>

# NARACOORTE HIGH SCHOOL WORKING BEE

***14th November, 2021  
9am - 12 noon and/or 1pm - 3pm***

Replacement of Dripper lines  
Pressure cleaning paths  
Gardening  
Painting/oiling of outdoor seating  
Removal trees  
Drain cleaning

*Please bring your own tools and equipment for the above-mentioned jobs.*

*BBQ lunch provided*

*For more information: [brigitta.white414@schools.sa.edu.au](mailto:brigitta.white414@schools.sa.edu.au)*

*8762 1333*





NARACOORTE HIGH SCHOOL

# SPEAK OFF COMPETITION

WEDNESDAY 10TH NOVEMBER 2021  
6.00PM

Naracoorte  
High School  
Library

Student class  
representatives will  
commence speaking at  
6.00pm

RSVP by Friday 5th November to  
8762 1333



## U16 Girls come & try days

Every Tues of term 4 @  
6:00pm till nov16th  
All players welcome  
No experience needed

We are trying to get u16 girls teams for Lcfa  
competition in 2022

# VACCINATION IS THE BEST WAY TO REDUCE YOUR RISK OF BECOMING SERIOUSLY UNWELL WITH COVID-19

Research and clinical trials from around the world have found that the Pfizer and Moderna COVID-19 vaccines are safe for children aged 12 and over.

## BOOK YOUR APPOINTMENT

If you are 12 to 15 years old, speak with your parent/s or caregiver/s about getting your COVID-19 vaccine.

People aged 16 and over can consent for themselves to receive the vaccine.

To book, visit

[sahealth.sa.gov.au/covidvaccineyouth](https://sahealth.sa.gov.au/covidvaccineyouth)

## FURTHER INFORMATION

[sahealth.sa.gov.au/covidvaccineyouth](https://sahealth.sa.gov.au/covidvaccineyouth)

SA COVID-19 Information Line

1800 253 787

For more information

Corporate Communications

Department for Health and Wellbeing

SA Health

Telephone: 8226 6599

Email: [healthcommunications@sa.gov.au](mailto:healthcommunications@sa.gov.au)

[sahealth.sa.gov.au/covidvaccineyouth](https://sahealth.sa.gov.au/covidvaccineyouth)

Information in this brochure correct as of October 2021.



<https://covidvaccineyouth.org.au/cases>

Public 11 - A1

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Department  
of Health  
SA Health



# COVID-19 VACCINATION FOR CHILDREN AND TEENS



Department  
of Health  
SA Health



## 12 TO 15 YEAR OLDS

### **What COVID-19 vaccine can I have?**

The Pfizer and Moderna COVID-19 vaccines are the preferred vaccines for people aged 12 and over.

### **Do my parent/s or caregiver/s need to consent?**

Yes. Your parent/s or caregiver/s must provide consent and fill out a consent form for you to get your vaccine.

### **Do my parent/s or caregiver/s need to come with me to my appointment?**

Yes. Your parent/s or caregiver/s must attend your vaccination appointment with you.

### **Where can I get vaccinated?**

The Pfizer COVID-19 vaccine is available for people aged 12 and over at SA Health vaccination clinics, and selected GPs and Respiratory Clinics.

The Moderna COVID-19 vaccine is available for people aged 12 and over at community pharmacies.



## 16 AND OVER

### **What COVID-19 vaccine can I have?**

The Pfizer and Moderna COVID-19 vaccines are the preferred vaccines for people aged 12 and over.

### **Can I consent for myself?**

Yes. People aged 16 and over do not need their parent/s or caregiver/s consent and can fill out their own consent form.

### **Do my parent/s or caregiver/s need to come with me to my appointment?**

No. You can attend the appointment by yourself, but you can bring someone along with you if you would like to.

### **Where can I get vaccinated?**

The Pfizer COVID-19 vaccine is available for people aged 12 and over at SA Health vaccination clinics, and selected GPs and Respiratory Clinics.

The Moderna COVID-19 vaccine is available for people aged 12 and over at community pharmacies.

People aged 18 and over can get the AstraZeneca vaccine by making an informed decision by speaking with the vaccination provider at their appointment.





# MEGAFEST NARACOORTE WORLD HERITAGE TRAIL RUN

## TRAIL RUN

23KM • 15KM • 5KM • 1KM

NARACOORTE CAVES  
NATIONAL PARK

SUNDAY

14 • NOV • 2021

[MEGAFEST.COM.AU](http://MEGAFEST.COM.AU)

MEGA  
FEST



@NaracoorteMegaFest



# 10 myths about sun protection

## MYTH 1 Sun damage is not possible on windy, cloudy or cool days.

**FALSE** You can get sun damage on windy, cloudy and cool days. Sun damage is caused by ultraviolet (UV) radiation, not temperature. A cool or overcast day in summer can have similar UV levels to a warm, sunny day. If it's windy and you get a red face, it's likely to be sunburn. There's no such thing as 'windburn'.

Sun damage is also possible on cloudy days, as UV radiation can penetrate some clouds, and may even be more intense due to reflection off the clouds.

Check the daily sun protection times, available online ([cancer.org.au](http://cancer.org.au) or [bom.gov.au/uv](http://bom.gov.au/uv)), in the weather section of newspapers, or on the free SunSmart app. The sun protection times show when the UV is forecast to be 3 or above.

## MYTH 2 A fake tan darkens the skin, protecting the skin from the sun.

**FALSE** Fake tanning lotion does not improve your body's ability to protect itself from the sun, so you will still need sun protection. Some fake tans have an SPF rating but this should not be relied on for continued protection.

## MYTH 3 Sunscreen is not necessary when using cosmetics with SPF.

**FALSE** Unless cosmetics are labelled with an SPF 30 or higher rating, you should wear additional sunscreen under your makeup if you're going to be in the sun for an extended period. For longer periods of time in the sun, use a separate sunscreen and **reapply it every two hours** – not just once in the morning. Be aware that most cosmetic products offer either no protection or protection that is much lower than the recommended SPF 30.

## MYTH 4 People with olive skin are not at risk of skin cancer.

**FALSE** People with olive skin can get skin cancer too. Regardless of skin type, exposure to UV radiation from the sun and other artificial sources, such as solariums, can cause skin to be permanently damaged. People with skin types that are less likely to burn can still receive enough UV exposure to risk developing skin cancer. Care still needs to be taken in the sun.

## MYTH 5 You can stay out longer in the sun when you are wearing SPF 50 than you can with SPF 30.

**FALSE** No sunscreen is a suit of armour and sunscreen should never be used to extend the amount of time you spend in the sun.

Though it may sound like there is a big difference, SPF 50 only offers marginally better protection from UVB radiation, which causes sunburn and adds to skin cancer risk. SPF 30 sunscreens filter about 96.7% of UV radiation, SPF 50 sunscreens filter 98% of UV.

Cancer Council recommends applying a sunscreen that is SPF 30 or higher before heading outside, every two hours, after swimming, sweating, or towel drying.

## MYTH 6 Plenty of sun exposure is required to avoid vitamin D deficiency.

**FALSE** Australians shouldn't expose themselves to potentially harmful UV in order to get more vitamin D. Research suggests that prolonged sun exposure does not cause vitamin D levels to continue to increase further but does increase the risk of skin cancer. When UV levels are 3 or above, most Australians get enough vitamin D with just a few minutes of sun exposure while completing everyday tasks – like walking to the car or shops. During peak UV times, it's important to reduce your risk of skin cancer by protecting your skin.

However, sun protection isn't generally recommended when UV levels are below 3. If you live in those parts of Australia where UV levels are low in winter, you can help maintain vitamin D levels by spending time outdoors in the middle of the day and doing some physical activity. People who may be at higher risk of vitamin D deficiency include people with naturally very dark skin, people with conditions or medications that impact vitamin D absorption, those who cover their skin for religious or cultural reason and those with little or no sun exposure. If you believe you are at risk of vitamin D deficiency, speak to your doctor.

## MYTH 7 You don't have to be concerned about skin cancer because if it happens you will see it, and it is easy to treat.

**FALSE** Skin cancer treatment can be much more serious than simply having a lesion 'burnt off'. It can include surgery, chemotherapy and can result in permanent scarring. Skin cancer can also spread to other parts of your body. Each year, more than 2000 Australians die of skin cancer.

Be alert for any new spots or changes to existing spots and consult your GP immediately if you notice anything new or changing. And remember, prevention is always better than cure.

## MYTH 8 Only sun seekers get skin cancer.

**FALSE** Excessive exposure to the sun does not just happen when deliberately seeking a tan. In a high UV environment like Australia, we can be exposed to dangerous levels of UV radiation during all sorts of daily activities, such as working outdoors, gardening, walking the dog or having a picnic. This sun exposure adds up over time increasing the risk of skin cancer.

## MYTH 9 If you tan but don't burn, you don't need to bother with sun protection.

**FALSE** There's no such thing as a safe tan. If skin darkens, it is a sign of skin cells in trauma, even if there is no redness or peeling. Skin darkens as a way of trying to protect itself because the UV rays are damaging living cells. If you tan easily, you are still at risk of skin cancer and need to use sun protection.

## MYTH 10 You can't get burnt in the car through a window.

**FALSE** You can get burnt through a car window. Untinted glass commonly used in car side windows reduces, but does not completely block, transmission of UV radiation. This means you can still get burnt if you spend a long time in the car next to an untinted side window when the UV is high. More commonly, people are burnt in cars with the windows down, where they can be exposed to high levels of UV radiation.

### Be SunSmart

Australia has one of the highest rates of skin cancer in the world. This is largely due to our proximity to the equator, a largely fair-skinned population, and our love of the great outdoors. Fortunately, being SunSmart is a simple way to reduce your risk of developing skin cancer. Cancer Council recommends a five-step approach to sun protection when the UV Index is 3 or above.

### There's more to sun protection than sunscreen. Protect yourself in five ways:

-  **Slip** on sun protective clothing
-  **Slop** on SPF 30 (or higher) sunscreen
-  **Slap** on a broad-brimmed hat
-  **Seek** shade
-  **Slide** on wrap-around sunglasses

### Find your local UV levels

When the UV Index reaches 3 or above, be SunSmart and protect your skin. You can find your local UV levels at:

- **Cancer Council Australia:** [cancer.org.au](http://cancer.org.au)
- **My UV:** [myuv.com.au](http://myuv.com.au)
- **Bureau of Meteorology:** [bom.gov.au/uv](http://bom.gov.au/uv)



Be SunSmart with the free SunSmart app available at the App Store and Google Play

For support and information on cancer and cancer-related issues, call Cancer Council 13 11 20. This is a confidential service.

<b>National Relay Service</b>	
Deaf or hearing impaired	13 3677
Speech impairment	1300 555 727
<b>Cantonese and Mandarin</b>	
Greek	1300 300 935
Italian	1300 301 449
Arabic	1300 301 431
	1300 301 625

For further information and details please visit our website [cancer.org.au](http://cancer.org.au)



# 10 myths about sun protection



Cancer Council 13 11 20 [cancer.org.au](http://cancer.org.au)



# LIMESTONE COAST MULTICULTURAL SOCCER CARNIVAL

SATURDAY 6TH  
NOVEMBER 2021

Naracoorte & District Sports Centre

- 10am-3pm
- Multicultural food offerings
- Men's, women's and junior games
- BYO chairs and picnic blankets

More info:



lcmsoccer

[naracoortelucindale.sa.gov.au/community/soccer](http://naracoortelucindale.sa.gov.au/community/soccer)

UNITED BY  
FOOTBALL



Naracoorte Lucindale Council  
*Better by Nature*



RESPECT, EQUALITY & FREEDOM



NARACOORTE HIGH SCHOOL PRESENTS:

# Eat Your



# ART OUT

NEW DATE  
NEW VENUE

OPENING - FRIDAY OCTOBER 8TH

SHOWCASING 2021 MAJOR ART WORKS  
STUDENTS FROM YEARS 8 - 12  
NARACOORTE ART GALLERY

NARACOORTE ART GALLERY  
91 ORMEROD ST NARACOORTE

CLOSES  
NOVEMBER 11TH



SATURDAY 20 NOVEMBER 2021  
ALL ABOARD SKATEBOARDING SESSIONS

# MILLICENT SKATE PARK

11:00am - 4:00pm

Ridge Terrace, Millicent SA 5280

FREE sessions, equipment provided | All ages and abilities welcome



Register using the QR code or at [skatepark.ymca.org.au/all-aboard](http://skatepark.ymca.org.au/all-aboard)

## Time to get snapping!



Entries close  
1 November 2021



Two categories:  
• 18 years & over  
• Under 18 years



First prize in each  
category \$500  
voucher



Theme 'reNew'



Enter our  
photography  
competition  
to celebrate  
the opening  
of the new  
Naracoorte  
Library!

**reNew**  
Community Photo Competition

Entry forms and Terms & Conditions are  
available on the Council Website at  
[www.naracoortelucindale.sa.gov.au](http://www.naracoortelucindale.sa.gov.au) under Latest News  
'reNew Community Photo Competition'

Naracoorte Lucindale Council  
Better by Nature



Naracoorte Tennis Club

# HOLIDAY TENNIS CLINIC

**DECEMBER 14, 15 + 16 2021**

Red - 1 hour \$60  
Orange - 1.5 hours \$90  
Green - 2 hours \$120  
Yellow - 2 hours \$120

Registration and times  
Contact RACHEL MAHNEY  
[rmahney@munromahney.com.au](mailto:rmahney@munromahney.com.au)  
0427 564 029





Ronald McDonald  
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South Australia

wishes to acknowledge the generous support of  
**Naracoorte High School**  
for helping to keep families close at  
Ronald McDonald House Charities SA  
with the donation of \$317.75 from the 'rug up day'  
fundraiser



