



Weekly News

9 February 2009

## This Weekend:

### PARENT WEEKEND!

Year 7 Students and Parents  
Dinner Friday 6:30pm  
Boarder Parents Meeting  
Saturday 4:00pm in Room 9  
P&F Welcome in Main Quad  
Saturday, 14th from 5:30 pm  
Chapel Sunday 9:30 in Hall  
P&F / Highland Gathering Meeting  
follows Chapel in the Hall

# WELCOME

## Boarder Parent Meeting

Saturday, 14th February  
4:00pm - Room 9

All boarder parents are invited to the Boarder Parent Meeting. New parents are especially encouraged to attend. Members of the boarding staff will be on hand too. This is a casual relaxed meeting and a great chance to meet and talk with parents of other boarders.

## Year 7 Parents Dinner

Friday, 13 February 2009 -- 6:30 p.m. - Dining Hall

The annual Year 7 parents dinner is a great opportunity to get together this Friday night. The year has begun, the 'nerves' are over, so now we can get to know everyone really. All Year 7 2009 parents, families and students are invited to this fun and informal occasion of lots of good food and good conversation. Please RSVP to the front office -- we'd love you to attend!

*Mr Adrian Lee (Stage 4 Coordinator)*



## P&F MEET AND GREET FUNCTION

Saturday 14th -- 5:30  
SEE YOU THERE!

The P&F will be hosting their annual "meet and greet" function on **Saturday 14<sup>th</sup> February** in the senior school quadrangle, commencing at 5.30pm.

Cost is \$15.00 per person with drinks and nibbles provided by the P&F. This is usually a very relaxed and enjoyable evening, concluding when darkness takes over.

Please RSVP to the school office. Payment on the night is ok. I look forward to seeing you there.

*Ross Andrew*  
0427 294 869

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14.11.09

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## From the Headmaster . . .

The tragic events of the past weekend have brought into perspective the trials and tribulations caused by having to cope with the elevated temperatures of the past few weeks.

To show our support and give the students a chance to contribute to the bushfire relief appeal, we will be having a fundraising day on Wednesday of this week. We cannot understand the devastation and loss the affected people are experiencing unless we have been through a similar experience ourselves but we can show sympathy by recognising their difficulties and if each of us gives something it will help people in their time of need, both emotionally and practically.

I am looking forward to meeting as many parents as possible throughout our weekend activities, of which you will find details in this *Highlander*. In particular, can I commend the P & F function on Saturday evening starting at 5.30 pm in the Main Quad. It is always a very pleasant and relaxed occasion where people can meet others with similar interests and take time to share their experiences of the School. There will be a number of staff attending and they will be happy to share their knowledge and understanding of the School and the students.

I hope that parents will be able to come to Chapel on Sunday and stay for the P & F Meeting which follows morning tea. The Meeting will be largely dedicated to the planning and news about the Highland Gathering, which is the major public event for the P & F and the School. There are a number of changes this year which I hope will add to the occasion and the opportunity to raise more funds.

Prep students continue with their Swimsafe lessons this week, and are really enjoying their time in the pool. The Secondary students will have their opportunity to use the pool on Friday at the Inter-House Swimming Carnival which is a lot of fun and everyone who wants to swim will have an opportunity to do so. All parents are welcome to attend.

-- *Tim Richards*

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### **Victorian Bushfire Fundraiser Wednesday, 11th February 2009**

Gold Coin Donation

Pre-Prep - Year 12

Please remember:

\*No thongs, sandals \*No make-up

\*No singlet tops

### **CADETS --**

### **Wednesday, 11th February**

\*No Swimming this week

Wear sports gear for fitness testing. No need to wear cadet gear to school. Remember to return enrolment forms.

-- *Lt. Dundon*

## **BLUE BLACK & GOLD BALL CHANGE OF DATE**

Please mark in your calendars the Ball will be held on **Saturday, 14th November 2009**.

The second Saturday in November has been the traditional date for the Scots Ball and thanks to Ball co-ordinator Mrs Janelle Matus, we have been able to secure this date.

# PARENTS - WE NEED YOU!!!

The Highland Gathering is the P&F's major fundraising activity each year.

## How can you help????

- Your child/rens House will be running stalls which will need your assistance.

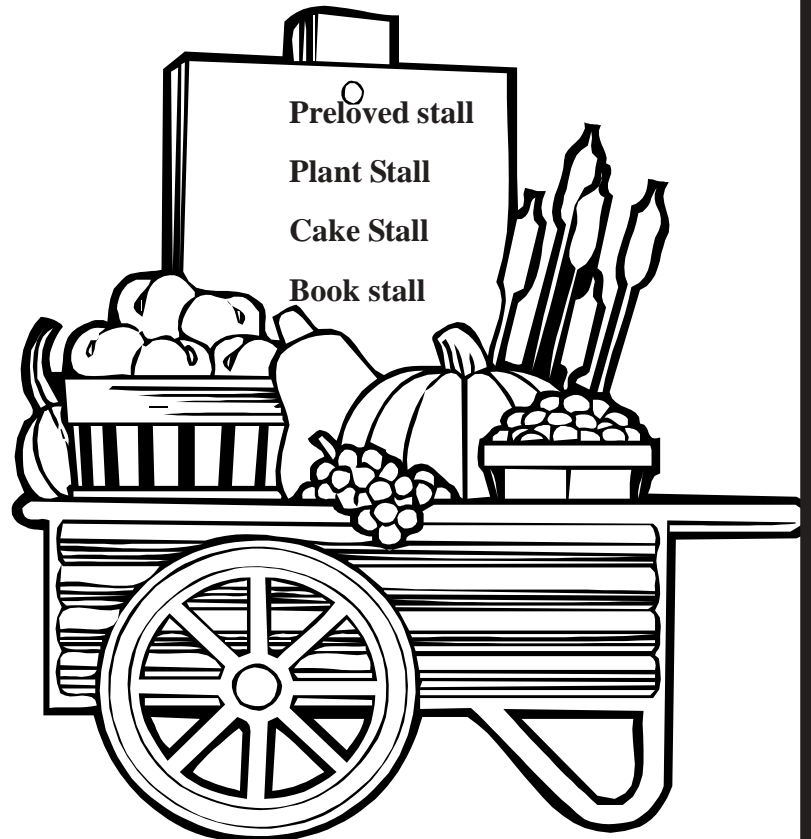
- Donations of goods for stalls including:

### Volunteers will be needed to:

- co-ordinate and "man" stalls
- sell raffle tickets
- assist with carparking
- assist setting up and packing up

If you would like to help out please contact Gillian Shannon on 63312340 or email [skags@aapt.net.au](mailto:skags@aapt.net.au).

Watch this space for weekly updates.



## 29<sup>th</sup> March 2009

# HIGHLAND GATHERING

### 2009 HIGHLAND GATHERING AND P & F MEETING

There will be a meeting of the Highland Gathering committee this Sunday 15th, commencing shortly after the school chapel service in the Aikman Hall.

Their will also be a brief P&F meeting at the same time, however, the HG preparation is the P&F's major focus and will dominate this term's meeting.

Any parents wishing to offer their services to assist in the preparation and running of this year's event are most welcome to attend.

### Urgent Appeal!!!

The P&F have the opportunity to purchase a new popcorn machine. This machine is located in Clontarf/Brisbane Queensland. Does Anyone have a family member/friend who would be able to pick it up for us, box it and we will arrange collection and transport to Bathurst?

If you can assist, please contact Gillian Shannon on 6331-2340 after 5pm

**Parents: If you would like to receive your copy of the Highlander emailed on Monday afternoons (and in colour!!), please let us know your email address.**

**You can ring the school or email Mrs Shillabeer at [mjshillabeer@scots.nsw.edu.au](mailto:mjshillabeer@scots.nsw.edu.au)**

## *From the Deputy . . .*

This upcoming weekend is a very important and busy weekend in the life of The Scots School. On Friday the Year 7-12 Swimming Carnival will be held. House meetings will take place on Wednesday to organise participation in events. At Scots we pride ourselves on providing maximum opportunity for each and every child to participate. I urge all students to 'have a go' and support their house. Sunblock, hydration and appropriate clothing are priorities for Friday's swimming carnival. The Scots School swimming costume is the appropriate dress for competitors and student spectators.

On Friday night our Year 7 Parents and Students dinner will be held beginning at 6:30 pm in the Dining Hall.

On Saturday afternoon the Boarder's Parents meeting will be held at 4:00 pm in Room 9.

On Saturday night the P&F Welcome Function will commence in the academic quad at 5:30 pm.

These events are so important to community building in our school and I strongly encourage your attendance.

On Sunday morning at 9:30 am School Chapel will commence in Aikman Hall. **This is a compulsory event for all secondary students**, as delineated in the blue calendar. The P&F/Highland Gathering meeting will immediately follow chapel.

Teachers are very busy preparing assessment policies and schedules for all students Years 7-11. These assessment booklets will be issued in Weeks 3 and 4.

Finally, I wish to seek parent support in emphasizing the importance of respecting our very good facilities at Scots. Rubbish in the day houses, the playgrounds, around the pool and in the academic quad is everybody's business and everybody's concern. We have a wonderful school environment and an obligation to live sustainably within that environment.

-- Mrs Lynne Fleming

## BLAYNEY BUS TIMES

### Leaving Scots:

Monday	3:30 pm
Tues - Wed - Thurs	3:00 pm + 5:00 pm
Friday	3:30 pm

**Last day of school before holidays:  
one bus only at 3:30 pm**

**Pick up in mornings: For any changes please contact Mr Kevin Wren at school or parents contact the Blayney bus driver directly: Mr Doug Cotteral 0406 769 091**

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## Young Country Achievers Bathurst Royal Show 2009

Students wishing to enter the Young Country Achievers competition at the Bathurst Royal Show should collect an entry packet from Mrs Dawes. The competition is designed to foster and encourage an active participation in country shows. Scots Agriculture students have always been well-represented in this competition. Please note: you are expected to spend a minimum of two days at the Royal Bathurst Show. Entries close on Feb. 20.

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## Central West Headspace - Get Involved

\*Are you between 12 and 25?

\*Do you want to have a voice for young people in our community about health, mental health and substance abuse?

If yes, head to our website

[www.headspace.org.au/nswcentralwest](http://www.headspace.org.au/nswcentralwest)

to find out how you can be involved in our Youth Advisory Group.

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# The Scots Preparatory School

## Congratulations

To the Year 6 leaders who attended the HICES Leadership day at Blue Mountains Grammar School on Thursday. They conducted themselves beautifully and participated enthusiastically to gain maximum benefit from the day.

## Information Sessions

Classroom teachers will be meeting with parents on Monday and Tuesday this week to give information about the 2009 curriculum, routines, teaching strategies, homework and special events and programs. It is very important that parents and caregivers attend these sessions to enable them to support their children effectively during the year.

## Swimsafe

The weather was perfect for swimming lessons last week. Now that a routine has been established the movement to and fro and the changing of clothes has become like clockwork. Thank you to our Stage 3 buddies who are assisting the younger children in this process.

Lessons next Friday will be a classroom based theory lesson due to the senior school swimming carnival.

## Leaders Induction

Our school leaders for 2009 will be presented with their badges at a special ceremony on Thursday morning at 9:15am in the Aikman Hall. All parents and friends are invited to join us for the service and morning tea at the

## SCHOOL SHOP HOURS TERM 1 2009

<b>Monday</b>	8.30 - 11am	1pm - 2pm
<b>Tuesday</b>		1pm - 2pm
<b>Wednesday</b>	8.30 - 11am	
<b>Thursday</b>		1pm - 2pm
<b>Friday</b>	8.30 - 11am	1pm - 2pm

Mrs Kathy Weal is in charge of the school shop.

conclusion. The elected leaders will speak to the school about their aspirations for 2009 and share key elements of the HICES Leadership Day experience.

## P and F Welcome Drinks

All parents are encouraged to attend the P and F drinks to be held in the main quadrangle on Saturday evening commencing at XXXXXX to welcome new parents to the school. It is also an excellent opportunity to catch up with other parents and school staff in a relaxed, informal setting. It is always a very pleasant occasion

## Mathletics

The web based Maths program Mathletics will be adopted for all children in Years 3 to 6 following a successful trial by Year 5 last year. We will also look at trialling Year 2 students to ensure that it is appropriate for them before signing on.

The program has two main components, a maths facts section where children can compete against students from all over the world to complete a series of timed and levelled mental. The competitive nature of this section inspires students to improve and of course a fun way to learn and practice a vital mathematical skill.

The other component covers all the curriculum strands enabling students to practice, remediate or extend their existing knowledge. Teachers recommend units of study based on schoolwork and it can be included in homework as the licence is for 24 hour access.

## Swimming Carnival

Friday the 20<sup>th</sup> February is the big day for the Prep swimming carnival. Parents are invited to join us throughout the day and for a delicious barbecued lunch. We will need helpers for timekeeping and a note will go home this week to formalise the volunteers. A highlight of the day is the House cheer squad competition which involves all children from K to 6 on the grasses area beside the pool at 9am. House captains and patrons work with the children to present an entertaining and always enthusiastic song/cheer. Points are awarded to commence the day's competition. The coloured house T-shirts should be worn as points are awarded for appearance, creativity, uniformity and participation. Children in Kindergarten, Year 1 and 2 (if not involved in the carnival) will participate in a sprinkler fun day as well as joining the carnival to cheer on their house during the day, depending

on the weather. We would love to see as many parents as possible during the day.

### **Sign In/Out Book**

If for any reason you need to pick up your child early or he or she is late to school, you must (by law) give the school written advice of this. Please ensure that any partial absence is recorded in the book located in the foyer. Thank you for your cooperation in this matter.

### **Co Curricular Activities**

Most activities have or will be commencing shortly. Details are as follows:-

Tennis lessons on Wednesday afternoons. Contact teacher Mrs Hallahan

Chess Club on Tuesday lunchtime with Mrs Inglis

Crusaders on Wednesday with Mr Alexander and Mrs White

Robocup with Mr Alexander on Thursday lunchtime

Diving on Monday afternoon at 4pm with Mr Doney

Highland Dancing with Miss Johnson on Mondays, contact teacher Mrs Inglis

Debating with Mrs Vance will commence shortly

### **Crusaders**

Mr Alexander had an enormous response to Crusaders last week. He was ably assisted by quite a few Year 6 students who showed excellent leadership throughout.

Crusaders is a fun time of learning about the bible, singing and playing games. All children from Kindergarten to Year 6 are invited to attend if they wish.

### **Assembly**

Class items are regularly presented at assembly and parents are invited to attend. Year 2 will be making a presentation on Friday 13<sup>th</sup> February. Assembly is held at 10:15am on Fridays, in the Aikman Hall. If the hall is unavailable for some reason Room 9 or our own Music room will be the alternate venue. The class items schedule will appear on the term planner for your information.

### **Diving**

We are very fortunate to have an experienced diving coach Mr Ian Doney from the senior school who is happy to run a Prep squad on Monday afternoons. The group is mainly for years 5 and 6. The session runs from 3:50pm to 4:50pm at the school pool.

We appreciate Mr Doney's willingness to work with our students and hope that they may go on to represent the school in Year 6 or the senior years.

### **SunSmart**

I hope you found the article on sunscreen an interesting read last week. This week we look at Vitamin D and sun exposure. The sun's ultra violet rays are the major cause of skin cancer but also the best source of vitamin D which is needed to develop strong and healthy bones. How much is enough? Refer to the Cancer Council Fact sheet in this Highlander.

Prep students are being vigilant about wearing their hats and learning in more depth about the potential for harm and ways they can avoid skin damage.

*-- Mrs Kerrie Robinson  
Head of Preparatory School*

## Lithgow School



These Lithgow students were proud to display the certificates they were awarded for their participation in the summer reading programme. It appears they all got a **BUZZ** out of reading!!!

## Pre-Prep

### Welcome Afternoon Tea

Thank you to all of the families who attended our welcome afternoon tea last Friday. It was great to meet everyone and have a chat about your child's first few weeks at Pre-Prep.

### Bathurst City Library

Last Thursday Pre-Prep ventured into the town library for our first 'storytime' of the year. We did lots of singing and read some great stories about life on a farm. Our craft was a bit tricky, cutting and gluing some pigs and hens. We had lots of fun travelling on the bus, which was a first for lots of the children.

### Learning Program

Last week and this week we will continue on our topic of "All About Me". We have been talking about our families, pets, favourite foods, hair/eye colour and lots more. We will begin our formal single sounds program in the 4th week of term.

### Sun Safe Program

This week we will begin a 4-week sun safe program with Pre-Prep. The lessons will include a discussion about the sun, good and bad hats, experiments and lots more. Keep an eye out for some displays from our learning.

### Medical Forms

Could all parents please ensure that they have returned your child's up to date medical forms to your child's teacher or the front office ASAP. It is very important that we are aware of any allergies or medical history that could assist in the care of your child.

*Mrs Chelsea Chapman  
Mrs Jennie White*

**Be sure to check out the Sun Smart pages at the back of this *Highlander*. SunSmart Program: The first in a series of fact sheets which complement the work done by children in all classes from Pre Prep to Year 6 in our endeavour to be recognised as a SunSmart school.**

# Sport at Scots

Sports Bulletin Week 3 Term 1

## Sports Training Arrangements

Tuesday and Thursday training sessions will continue as normal this week for all students in years 8-12. Year 7 Sport will be on Wednesdays between 3.30pm and 4.40pm beginning in week 2.

The 15s Boys cricket team continue their deferred match versus All Saints this Tuesday from 4.00pm at All Saints. The boys are in a commanding position after some great bowling and fielding last week before a storm brought the match to an early finish.

The 13s Boys cricket team will have their deferred match versus St Pats played this Tuesday (10th February) on the schools main oval from 4.00pm and it should conclude around 7.00 pm.

## TSS Swimming Championships

The annual Inter House swimming championships is on this Friday from 9.00am. I encourage all students to become involved in the day and try to compete in as many events as possible. Please remember that body paints, textas and coloured hair sprays are banned. A house point will be awarded to each student who wears a hat and sunscreen.

## Specialist Swimming Races for the TSS Carnival

The 100m Individual Medley and the 200m Freestyle races will be held on Tuesday the 10th of February and the 100m freestyle race will be held on Thursday the 12th of February. All races will be held in the school pool from 3.40pm during sport training.

## NSW All Schools Triathlon

This year we are giving students an opportunity to take part in the NSW All Schools. I spoke to the students on assembly last week about entering in the teams division and received a good number of interested students. We will probably have four teams going to Penrith on the 4th of March to compete and we look forward to hearing of their races. Any interested students, particularly if you can cycle 15km and you have a road bike and helmet are asked to see Mr. Adams this week.

## Sport Events in the next few weeks

TSS Inter House Swimming Carnival 13th of February

WAS Swimming Carnival 20th of February

ISA Swimming Carnival 6th of March

*Mr. Justin Adams (Sports Master)*

## The Scots School Summer Sport Weekly Schedule 2009

Sport	Team	Coach	Date	Opposition	Time	Venue	Transport
<b>Basketball</b>			<b>No basketball games this week due to swimming carnival</b>				
<b>Cricket</b>	12s	Mr. Chew	14/02/09	St Pats Blue 11	8.20am	Scots Top Oval	
	13s	Mr. Mair	14/02/09	Stannies White	8.20am	Scots Lower Oval	
	13s	Mr. Mair	<b>10/02/08</b>	St Pats deferred game	4.00pm-7 pm	Main Oval	
	15s	Mr. James	14/02/08	Stannies Blue	8.30am	Main Oval	
	15s	Mr. James	<b>10/02/09</b>	All Saints 2nd Week	4.00pm- 7pm	ASC Bus at 3.30pm	
<b>Tennis</b>		Mr. Matus	14/02/09	All Saints	8.30am	Bath Tennis Centre	
<b>Water Polo</b>		Mr. Adams	<b>No game this week due to swimming carnival</b>				
<b>Year 7 Sport</b>		Mr Adams	Wednesday			Swimming in School Pool 3.40 to 4.40pm	
		Mr Christie	11/02/09				

**TSS Swimming Carnival this Friday 9.00am until 3.30pm. Parents are most welcome to come along and support**

**Additional Swimming Carnival Events** – 100m Ind Medley and 200m Free on Tuesday afternoon, 100m Free on Thursday afternoon

## Tennis . . .

### Tennis TSS vs SSC

A very successful start to the tennis this term when we played Stannies at Stannies in what was a scorcher of a day. **Good wins to the 16' 15's and 13's.** A special welcome to new players to the squad and to Mr Maher. **Daniel Grundsmaan** partnering **Tom Curran** in the doubles winning 7 games to 1. Both boys were also successful in their singles. **Madeline Conyers** also new to the squad playing with **Brenton Gibson** won their doubles 6:2 and both had good wins in their singles. Another new student **Chris Squire** demonstrated his tennis skill when winning his singles game. **Kal Manning** and **Hayden Callan** both had excellent wins in the 13's. We look forward to seeing more of **Tim Burrey** in this age group.

The Stannies senior team proved too strong for the Scots team of **Nicholas Matus, Lewis McLeod, G Coyte and Michael Hill** although **Michael** had a good win in his singles.

**Jake White** and **Will Hannan** showed themselves to be a good combination winning their doubles 5:3. **Caitlin McDermid** and **Laura Pollard** showed improved form when successfully tying their doubles game.

Next week we play All Saints College at the Tennis centre.

*Peter Matus and Andrew Maher*

## Water Polo . . .

### Junior water polo team

We were all glad to jump in the All Saints pool after a hot day, but also worried because we were down some players, but luckily two All Saints girls helped us out. First quarter of the game was a bit challenging after along break but we got back into it. Despite our best effort all saints proved to be the better team on the day with the score of 5-2.

*~ Anne Christie*

## Diving . . .

The diving schedule for Term 1:

Prep Diving Mondays 3:50 - 4:50 p.m.

Senior Diving Fridays 3:50 - 4:50 p.m.

Additional Senior Diving on Wednesdays by arrangement with Mr Doney.

## Cricket . . .

### U12 Cricket

Despite extremely hot weather, our team and supporters had another great game on Saturday. We witnessed excellent batting efforts from Gulliver Newell, Aiden Telfser and Sam Andrew. Our opponents Collegians, did pass our score of 95, but were made to work very hard. Our fielding was determined, with great catches from Cameron Chew, Luke Newman, Jonty Boshier and Sam Andrew. There was excellent bowling from Lachie Dawes, Aiden Telfser and Jack Bird. Our player of the day was Zac Telfser with superb bowling figures of 4 for 14. Our team player was Lachie Dawes, who was excellent in the field.

Special mention should be made of our parents, who kept players cool with generous water pistol squirting. A swim in the school pool after the game was appreciated by all.

*-- Geoff Chew*

### 15's vs. ASC 15's

Last Tuesday the boys hopped on the bus after school to play a catch up game against All Saints at All Saints. After winning the toss All Saints put themselves into bat. The boys bowled well and fielded well, especially after most of the boys hadn't played a game since term 4 last year. We ended bowling ASC out for 65 in 9 overs. The standout bowlers were Millaine Longmore with figures of 2 overs, 1 maiden, 3 wickets for 2 runs including a hat trick. And Cameron Beer with 4 overs, 2 maidens, 3 wickets for 3 runs. With a total of 65 set, Ben Spence and Angus Lennon went in for the run chase. We started off well but play was interrupted by rain and that game was postponed to the next Tuesday.

At the end of the day we were 0-43 after 6 overs with Ben Spence on 21\* and Angus Lennon on 14\*.

We are looking forward to finishing off this game on Tuesday.

*Angus Lennon (Captain)*

### Under 13's Cricket

Another tight match resulting in a narrow loss. Batting first, we scored 93 off 24 overs. Tight bowling kept our opponents in check, although at times our fielding took pressure off them. Rugby Union passed our score with 2 overs remaining in a close finish.

A reminder we have a match schedules for the next 2 Tuesdays started at 3:45 pm -- expected finish time approximately 7:00 pm. Late meals will be arranged for boarders. Please be on time.

*-- Mr B.J. Mair*

## Basketball . . .

### **Blue Belles' Brave Battle**

Last Friday, a Blue Belles side diminished due to injury, stepped onto the court to face the familiar opposition of The Cougars. The team consisting of Holly Kristensen, Emma Butler, Jessica Spence, Elyse Owens, Nikki Butler, Georgina Porter and last minute recruit Megan Bennett, matched it with their opponents early in the game. Nikki and Emma proved relentless in defence while Holly, Elyse and Megan maintained the on court pressure. Georgina Porter showcased her accuracy and finesse making three baskets, including an impressive three pointer which the opposition declared basket of the match. Jessica Spence and Nikki Butler each added to the total but in the oppressive heat it was The Cougars who slipped away with a win and a total score of 19-7.

### **Angels Produce Thrilling Team Effort**

Next up on the court, the Angels made their mark in a display of team work that saw the ball passed into the hands of Jess McGrath to post first points against All Saints' Red Senior Girls. Throughout the game, Jess added three more baskets to the total, while Caitlin McDermid contributed a further four. Alyssa Weekes maintained her assertive presence on court, worrying tirelessly at the opposition. Steph Schulz once more proved her worth adding a basket to the score amidst fierce defence. Edith Lennon and Laura Pollard proved ever solid in defence and attack while Samantha Cowan exhibited an impressive level of court coverage. Megan Bennett backed up for more court time, displaying an outstanding level of commitment. The heat wore the girls down in the end but they maintained the pressure until the final seconds.

*Angela Davis*

### **Chieftains v. ASC**

This was a close game from the start - 4:4 at half time. Both teams defended really well. Our key problem was not capitalizing on the opportunities we created through our defence and towards the end fitness began to tell. Still the boys tried to the end -- we are improving all the time. Well done guys. Final score TSS 12 to ASC 18. Best performances this match: Sean Johnson, Jamie Jun.

*-- Mr A. Lee*

## Trials . . .

### **BATHURST DISTRICT HOCKEY**

On 15/2/09 there will be a selection trials for U11/ U13, U15 and U17 for boys district hockey teams at the Bathurst Hockey Complex. If you are interested but cannot attend this trial, or you want more information, please ring Barry Cartwright on 6331-3385.

### **Highlanders v. Planeteers**

This was a fantastic game fought out to the final seconds. Both sides played well and in great spirit. Don Jun Lee played the full game in the hot conditions -- a brilliant effort. Other good performances were by Ji Woo in his first game and Ben Spence's defence made it hard for the opposition to score -- he really used his head. The younger members of the team are playing well and learning lots about the game. We are getting close to our break through win.

Final Score TSS 12 to Planeteers 15.

Best performances: Ji Woo Lee, Don Jun Lee, Ben Spence.

*-- Mr Adrian Lee*

### **Terriers v. Spider Pigs**

A hard fought game that the Terriers showed great determination in. Scoring and defence was made extremely difficult by the opposition's tall centre. But to the boys' credit, when he was off the court the Terriers would outscore the opposition. Final Score a 44-30 loss.

*-- Mr Geoff Hayward*

### **Scots Lions v. Knights**

A comfortable win by the team. Shooting is an area the team does need to work on as our scoring percentage was quite low on Friday night. No games for the next two Friday nights due to swimming carnivals.

A 37-12 win. Well done.

*-- Mr Geoff Hayward*

**SunSmart Program: This is the first in a series of fact sheets is published in this weeks Highlander. This complements the work done by children in all classes from Pre Prep to Year 6 in our endeavour to be recognised as a SunSmart school.**



# Fact Sheet

1 of 2

## Vitamin D and sun exposure

### Key points

1. The sun's ultraviolet (UV) radiation is both a major cause of skin cancer and the best source of vitamin D.
2. Most people get enough vitamin D by going about their usual daily outdoor activities.
3. Just 10 minutes in the sun on most days of the week in summer, 15-20 minutes in spring and autumn, or 30 minutes in winter, outside peak UV times (10am-2pm or 11am-3pm daylight saving time), will usually give you enough vitamin D.
4. Always protect yourself from the sun when the UV Index is 3 (moderate) or above.

Australia has the highest rate of skin cancer in the world. Around half of all people who spend their life here develop some form of skin cancer. The major cause of skin cancer is ultraviolet (UV) radiation from the sun. But the sun's UV rays are also the best source of vitamin D, which we all need for strong and healthy bones. Vitamin D also has other health benefits, with research showing it may protect against some important diseases.

We now know that despite our sunny climate, some Australians who spend little time in the sun may have low levels of vitamin D.

So how can you get enough vitamin D from the sun without increasing your risk of skin cancer?

Where do you get vitamin D?

Almost all vitamin D comes from the sun's UV radiation. We can get a small amount of vitamin D from some foods such as milk, margarines, oily fish and eggs but usually this is not enough to keep us healthy.

Do you need more sun to get enough vitamin D?

Most people usually get enough vitamin D just by going about their daily outdoor activities. But to be sure you're getting enough vitamin D while still being sunsmart, follow these guidelines:

Always protect yourself from the sun when the UV Index is 3 (moderate) or above. The UV Index is a simple way to show the intensity of the sun's UV radiation. When the UV forecast is 3 or above, the UV rays are strong enough to damage your skin. Look out for the UV alert in newspaper, TV and radio weather forecasts. (For more information on the UV Index visit The Cancer Council website [www.cancercouncil.com.au](http://www.cancercouncil.com.au))

Exposing your face, arms and hands to the sun for 10 minutes in summer, 15-20 minutes in spring and autumn and 30 minutes in winter (outside peak UV times) should give you enough vitamin D.

During these short times, there's usually no need to worry about sun protection such as wearing sunscreen and a hat unless the UV Index is 3 or above or you are going to be in the sun for a longer period of time.

Keep in mind these tips about sun exposure and vitamin D:

To get enough vitamin D, you need only to expose about 15% of your body, such as your face, arms and hands. It's not an excuse to sunbake and the best time to get vitamin D is either side of the peak UV period (10am-2pm or 11am-3pm daylight saving time).

Short bursts in the sun (outside peak UV times) are better for making vitamin D than long periods of exposure.

Skin cancer is a high risk for all Australians. Deliberately exposing yourself to the sun when the UV Index is 3 or above increases your risk of developing skin cancer.



# Fact Sheet

2 of 2

Who is at risk of not getting enough vitamin D in Australia?

The elderly, particularly those who don't go outside very often (older people don't produce vitamin D as well as young people)

Babies of mothers who have low levels of vitamin D

People with dark skin who have more melanin (the pigment that turns skin brown after exposure to sunlight and reduces the amount of UV radiation getting through the skin)

People who cover most of their body and heads with clothing and veils for cultural or religious reasons (less skin is exposed to UV radiation)

People with prolonged illnesses who stay indoors.

People who have a lack of vitamin D may need to take a supplement and eat foods that are rich in vitamin D, rather than spend more time in the sun.

It is important to remember that a healthy diet, regular exercise and safe exposure to UV radiation are all required for strong and healthy bones. If you are concerned about vitamin D, talk to your doctor or call the Cancer Council Helpline on 13 11 20.

How to protect yourself against skin cancer

Sun protection in a nutshell

Remember - when the UV Index is 3 (moderate) or above:

Avoid being outside in peak UV times

Use shade wherever possible

Wear clothing that covers as much skin as possible

Wear hats that protect the face, ears and neck

Wear close-fitting sunglasses that meet the Australian Standard 1067

Use broad-spectrum, water resistant, SPF30+ sunscreen and reapply it every two hours and after swimming

Take extra care when out in the sun near highly reflective surfaces like snow or water or when at high altitudes

For more information about vitamin D and sun exposure, visit The Cancer Council website:

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)