

Sun Safe Seek Shade.

Objectives

- Encourage staff and students to think about the benefits of shade in protecting themselves from the harmful effects of ultraviolet (UV) radiation.
- Identify what shade is available during peak sun hours at your school and ways more shade could be created.

Description

CONDUCT a shade audit then design a promotional campaign targeting staff and students to seek shade during peak sun hours.

What's involved? Pitching the initiative to school leadership, completing a shade audit, creating promotional material, and awarding participants.

Cost: Low.

Anticipated costs: Prizes for the participants; printing.

Skills

- Critical thinking
- Communication
- Analytical thinking
- Creativity
- Design

Interests

- Project development
- Analysing data
- Advocacy

How to get started

- 1. LEADERSHIP APPROVAL** - It's vital that you get the school onboard. Use the Pitch Plan as your first activity and work with your supporting teacher to develop a strong and convincing pitch.
- 2. COMMUNITY SUPPORT** - The more support you get the higher chance of success. Build your team with other students who are interested, join forces with existing student councils and let all your teachers know what you are doing and how it links to your growth and development as a learner.



Aboriginal Respect Symbol. Designed by
Marcus Lee Design for Cancer Council NSW.

Sun Safe Seek Shade.

Step 1. Engage

Engage in more learning

It's important that before you start you know what you're advocating for! Here are some great resources to build your knowledge about shade as a protective measure. Look through the resource links below and make note of any new knowledge you come across. This information will help you to advocate for your Seek Shade Initiative and build awareness among your community about why it's important and relevant to seek shade during peak sun hours and especially when the UV levels are 3 and above.

Engage your community

Now you know more about shade, the harmful effects of UVR and taking the protective measure of seeking shade during peak times, like when the UV levels are 3 and above, you can start advocating for others to seek shade during peak sun hours. It is crucial that your school is behind you.

First, you'll need approval from school leadership so you have the backing and resources needed to implement your chosen initiative successfully.

Use the **Pitch Plan** example for inspiration. It covers key information as well as guidance to help you get the approval you need. **Set a date** to pitch your initiative to school leadership. Once you have the approval, move on to the next activity.

Secondly, you'll need support from students, and help and guidance from teachers who can provide resources and assistance - remember, if you all work together, you can yield better results!

Use the **Email to Gather Support** example as inspiration. Modify it to suit your initiative then send it out to staff and students.

Sources

CCNSW

[Secondary Schools and Sun Protection](#)

[Shade fact sheet](#)

[Shade Resources](#)

CINSW

[Introduction to shade design](#)

[Shade audit template](#)

[UV index explained](#)

[Shade design – positioning shade](#)

[Shade design – UV, Climate, and comfort](#)



TIP:

You might want to ask your support teacher about the best way to communicate

to your community to get others onboard - Is it email? Maybe it's a post in the newsletter or morning bulletin? Or posters around the school asking for help?

Sun Safe Seek Shade.

Step 2. Educate

Now that you have approval and the support of staff and students, you'll need to **educate** your community about your shade project.

Know what you're doing

Use the **Project Plan** example to help you plan your initiative. Conduct a shade audit. Use the **CCNSW [Guidelines for Shade](#)** and the **[CINSW Shade audit template](#)** Steps 1 – 3 to conduct the audit and identify the best shaded areas in your school. You can complete Steps 4 and 5 if you want to take this initiative further and advocate for a new built shade structure or new trees.

Tell others about what you're doing

Promote seeking shade during peak times! Now it's time to **activate** and **educate** your community about seeking shade during peak hours. Here are some ideas to help you promote the your shade project and accessing shade at your school:

1. **Create** promotional posters to encourage people to seek shade during peak times – be sure to identify the optimal shaded areas for different times of the day.
2. **Create** promotional posters around the effects of UVR and why it's important to seek shade during peak sun hours like when the UV levels are 3 and above.
3. **Communicate** your initiative in the school newsletter, daily bulletin reminders, digital signage, school assembly, and/or school social media post (*you'll need to work with the person in charge of Communications at your school for this last one, ask your support teacher if you don't know who that is*).

**TIP:**

Have a look at the **poster and brochure examples** from CCNSW in the [Resources for Students](#) section for inspiration when designing your posters or communicating seeking shade. What are the key messages?

Sun Safe Seek Shade.

Step 3. Empower

Empower the community

Congratulations! If you've taken all the steps above and you're successful, your community is behind you and empowered to seek shade during peak times.

Make sure you are **celebrating** the efforts of your community. This could be done by doing random shade checks and awarding those students who regularly seek shade during peak times.

Empower the team

Knowledge is empowering! When implementing an initiative, it's important to know what worked well and what you might do differently. Use the **How to Conduct a Survey: Step by Step Guide** to guide you and your team on how to collect feedback and how to use the feedback to inform future planning.

Finally, celebrate your own efforts! You have done an amazing job in helping to **engage, educate** and **empower** your community to seek shade during peak times. Chat with your support teacher on how you can celebrate your team's effort.

Sun Safe Seek Shade.

Top Tips

1. What can you do if school leadership doesn't get onboard?

- Don't get discouraged! If leadership doesn't support the initiative, you can try and seek support from other key staff like your Year Advisor, the Wellbeing Coordinator, Head of Teaching and Learning etc. These teachers can help you tie the initiative into existing programs the school is running or into your curriculum programs.
- Ask your school leadership what the barriers are and offer solutions. For example, leadership may suggest alternatives to a shade project, see if there are other events running in the school calendar where shade can enhance sun safety like a Sun Safe Athletics Carnival.

2. What can you do if the students don't get onboard?

- Involve your peers, ask them what the barriers are and try and find solutions – the survey can help you here collect the information you need.
- Think about creative ways to incentivise them.

3. What can you do if there isn't enough shade to accommodate the students?

- Have a look below at 'extending the initiative', maybe it's time to have a chat with the school about providing more shade!

Extend the initiative

This initiative builds a great foundation for advocating for more built shade structures or even a tree lanting initiative for more natural shade. **Reach out to the team at Cancer Council NSW to build on this initiative and take it to the next level!**

✉ sunsmart@nswcc.org.au

📞 (02) 9334 1761