



# RSC NEWSLETTER

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NEWSLETTER VOLUME 23. ISSUE 19 EDITORS MR. F PATTON, MRS. C FORSTER, MRS. J ROBERTS 11<sup>th</sup> December 2015

## WELLNESS WALK

On Thursday the 11<sup>th</sup> of December, Hannah & Tess Bouten, Annalise Magee, Amelia Briggs-Gordon, Olivia Armstrong and I accompanied Mr. Morrision, Mr. Albress and Mr. Edmund on the first leg of their 24 hour journey to raise money for the Wellness Centre.

We departed the school at 9am and walked along Eastbourne Road before beginning the long trek along the Point Nepean Highway towards Sorrento. The girls offered to carry the teachers' packs in order to ease the load and they gratefully accepted the offer, after all they did have a long 23 hours ahead of them. Walking through the endless campsites along the foreshore we encountered many people of whom Mr. Morrison religiously greeted with "Morning!" Mr. Edmund always seemed to be getting picked on and he quickly decided that if it were to continue, it would be a long, long walk. The girls were entertained with the guys' endless impressions of characters from movies and their knowledge of quotes and we certainly enjoyed Mr. Albress's impression of Chief Wiggum from The Simpsons.



Arriving in Rye we were met by Mrs. Verwey's enthusiastic students who came bearing gifts. Mr. Edmund was very happy to hear that in one of the envelopes was his favourite chocolate, White Knights, and soon opened every envelope trying to find them. Down the main street of Rye we received our first donation from some former Rosebud Secondary students, it must have been the drums played by Kane Hannah in Year 9 that encouraged them to donate. Mr. Morrison's idea to create signs was taken into action: 3 pieces of cardboard and a sharpie pen later and we were hard to miss. Heading out of Rye Ms. Feldhofer's 9B students and Mrs. Verwey came to cheer us on until the Tyrone foreshore.

**CONTINUED ON PAGE 4.....**



## WHAT'S ON AT RSC

### DECEMBER

- 14: Yr 8 - 11 Awards Night  
Yr 8-9: 5:30—6:30pm  
Yr 10-11: 7:00—8:00pm  
Southern Peninsula Arts Centre
- 14-15: Activities  
Yr 8 - 10 on Campus
- 17: Valedictory Dinner  
New Peninsula Centre  
Mt Martha @ 7:00pm

### JANUARY 2016

- 14: Last date to order school books for collection day
- 21: Lamont Book Collection Day  
LOTE Building  
3:00-6:00pm
- 27: School Office re-opens  
8:00am-4:00pm
- 28: Term 1 begins

**CREDIT CARD PHONE PAYMENT AND BPAY ARE AVAILABLE THROUGH THE ROSEBUD SECONDARY COLLEGE OFFICE**

**Rosebud Secondary College 245 Eastbourne Road, Rosebud 3939**  
**Email: [rosebud.sc@edumail.vic.gov.au](mailto:rosebud.sc@edumail.vic.gov.au) - Tel: 5986 8595 Fax: 5981 2276**

Absence line: Leave a message any time day/night if you know your son/daughter will be absent.

**Subscribe to our newsletter online and have it delivered to your inbox in colour!**  
**Follow the link at [www.rsc.vic.edu.au](http://www.rsc.vic.edu.au)**

**OFFICE HOURS: MONDAY-THURSDAY, 8:00AM - 5:00PM; FRIDAY, 8:00AM - 4:00PM**

**At Rosebud Secondary College, Teachers are on bus duty from 8:05 to 8:30am and 3:15 to 4:00pm.**

**The yard is supervised from 8:20am in the morning until 3:30pm in the afternoon**



# COLLEGE INFO

## STUDENTS WHO ARE UNWELL

A REMINDER TO ALL PARENTS (AND STUDENTS TO NOTE). IF YOUR CHILD IS UNWELL THEY ARE TO GO TO SICK BAY **FIRST**

STUDENTS **ARE NOT** TO PHONE THEIR PARENTS. STUDENTS WHO DO WILL BE IN BREACH OF SCHOOL RULES AND THIS WILL LEAD TO CONFISCATION OF MOBILE PHONES

JENNY BUCKLEY, SICK BAY COORDINATOR, WILL CALL PARENTS IF THEIR STUDENT IS UNWELL AND NEEDS TO GO HOME

ROSEBUD SECONDARY COLLEGE HAS A CLEAR MOBILE PHONE POLICY:

**Unless directed by a teacher for a specific education purpose, all mobile devices including iPod's & mobile phones should be switched off at school.**

**Where a teachers direction is not followed, electronic devices will be taken for the day and returned at the end of the day. In the case of repeated transgressions the device will be returned to a parent.**

## UNIFORM SHOP HOURS

EXTENDED HOURS

NOW AND OVER SUMMER

SEE AD PAGE ???

## 2<sup>nd</sup> HAND BOOKS....

A REMINDER TO ALL PARENTS WHO PLACED BOOKS IN THE 2<sup>ND</sup> HAND BOOKSTORE TO SELL. PLEASE CONTACT THE BOOKSHOP ON 5986-8595 OR DROP IN TO COLLECT CHEQUES OF ANY SOLD ITEMS.

## MATHS TUTORING IS BACK!!!

Free Maths Tutoring Sessions are back every Thursday after school from 3:00 - 4:00pm

Years 7-9 Room 111

Years 10-12 Room 113

**Senior tutoring is also available on Wednesday afternoon in Room 111.**

Bring your homework or come to get extra help. Any questions, please contact the Maths Department at the College.

## SUBSCRIBE TO OUR ELECTRONIC NEWSLETTER

Please note that the RSC Newsletter is only available online.

You can subscribe to receive a fortnightly electronic version through our Website: [www.rsc.vic.edu.au](http://www.rsc.vic.edu.au)

or directly at <http://eepurl.com/blPcPH>

Hard copies are available at the front office for anyone without internet access.

# NEW KEYED PADLOCKS

**For students purchasing new laptops in 2016 it is recommended that you purchase a new keyed padlock for their locker.**

**These cost \$30.00 and are available to purchase from the front office now.**

**Replacement keys will be available for purchase if needed.**





# PRINCIPAL'S NEWS

Hello to the Rosebud Secondary College community. This is our final newsletter for 2015 and I would like to wish the school community a happy and safe break over the summer holiday period. Students have worked extremely well throughout the jumpstart period and now need to make sure they finish any set tasks for the start of the 2016 school year.

This week our new semester based reports will be uploaded to Xuno. On Wednesday an alert was sent out outlining the new report format and we will be seeking feedback next year on this. The report includes the Attitudes to Learning and new progress scales. For more detailed information please visit this link.



<http://www.rsc.vic.edu.au/?feature=new-attitudes-to-learning-reporting>

Next year the school will be replacing Xuno with a new learning and information software package called Compass. We have been reviewing our needs and looking at various vendor products and believe Compass will offer significant improvements in functionality for our school community. One of the main reasons for this move is the integration of a number of modules that will make communicating information easier. This includes all the current features of Xuno along with the ability to complete more information online such as excursion and camp approvals. We will be sending out parent information in the new year outlining the changes and login details.

On Saturday 28<sup>th</sup> November we held a very successful Mindfulness Festival in partnership with Boneo Maze. This festival raised important funds for the Wellness Pavilion at Rosebud Secondary College and promoted the message of positive health. There were many great activities on the day with bands, workshops, guest speakers and entertainment for all. Dr Craig Hassed and Dr Geoff Toogood gave insightful talks on the benefits of mindfulness. We would like to thank Michael Wittingslow who made the Boneo Maze available for the day. I would like to thank our sponsors, bands, staff and Parent and Friends who help run the day and Assistant Principal, Geoff Seletto who coordinated the festival.

<http://www.rsc.vic.edu.au/?p=1933>

On Thursday 3<sup>rd</sup> we held the first of our Awards Nights with Year 7. It was wonderful to see these students being acknowledged for all their hard work throughout the year. I would like to thank the year level team and Geoff Seletto for coordinating the night.

On Tuesday 8<sup>th</sup> December we welcomed our new Year 7's for 2016 for their orientation day. The students enjoyed themselves throughout the day and the feedback was very positive. We look forward to seeing our new students next year.

I would like to congratulate Felix Patton who has been appointed Acting Principal at Koo Wee Rup SC for Term one 2016. We wish Felix the best of luck in this role. Glenn Powell will be Acting Assistant Principal while Felix fills this position. Congratulations to Jason Albress and Rose Kirchof who will be starting at new schools in 2016.

## **Organisational matters**

End of Jumpstart for Jumpstart Year 8, 9 & 10: Friday 11<sup>th</sup> December.

Activities week for Jumpstart Year 8, 9 & 10: 14<sup>th</sup> & 15<sup>th</sup> December.

There will be a modified program on 16<sup>th</sup> & 17<sup>th</sup> December for those students who attend.

Students return for all year levels: Thursday 28<sup>th</sup> January.



# COLLEGE NEWS

**CONTINUED FROM FRONT PAGE....**After receiving some generous donations from workers down at the Foreshore, we were hungry and headed for Blairgowrie. We walked along the side of the road and got many honks and waves from passing cars. We had lunch in Blairgowrie and after stretching and fuelling up our bodies we set off for Sorrento. Blairgowrie supplied us with some very healthy donations which made the bucket a bit heavy, but in a good way! At Hughes Road, one of Mr. Morrison's mates decided to join us and he walked with us until Sorrento, maybe a little bit too quickly for Alby and Edmund, as they quickly began to fall behind. The scenery was amazing as we passed Settler's Cove and Sullivan's Bay and Mr. Edmund was testing Tess on the history of the area after visiting there in his L4L class.

What a beautiful day it was to be outside, so much so that the sun was beginning to have a sting so we sought some shade in the rotunda at Sorrento foreshore. Daryl M<sup>c</sup>Kinlay (lifesaver!) came to the teachers' aid and did some Reflexology magic on their feet while another of Mr. Morrison's mates came along for some support. Soon enough it was our time to leave and as we did one last round up of money, we said goodbye to the three amigos and wished them luck on the remainder of their journey.

It was so fulfilling to be a part of such a good cause. On behalf of all the girls I would like to thank Mr. Edmund, Mr. Morrison and Mr. Albres for allowing us to accompany them on such a great initiative.

With the bucket that was being carried around the school by the leaders and donations from the public, overall we raised over \$370! **By Jordy Allen 10B**

To date the Wellness walk has raised over \$5,500.00 and you can still donate to this fantastic cause by following this link:



<https://www.gofundme.com/wellnesswalk>

## UNIFORM SHOP HOURS

2016

19 <sup>th</sup> January 2016 & 21 <sup>st</sup> January 2016	TUESDAY 19 <sup>th</sup>	8:30am - 4:30pm
	THURSDAY 21 <sup>st</sup> :	12:00pm - 6:00pm <b>LAMONT YEAR 7 BOOK COLLECTION 3:00pm - 6:00pm</b>
27 <sup>th</sup> January 2016 & 28 <sup>th</sup> January 2016	TUESDAY 26 <sup>th</sup> :	<b>CLOSED AUSTRALIA DAY PUBLIC HOLIDAY</b>
	WEDNESDAY 27 <sup>th</sup>	8:30am - 4:30pm
	THURSDAY 28 <sup>th</sup> :	8:30am - 4:30pm <b>STUDENTS' FIRST DAY OF SCHOOL</b>
2 <sup>nd</sup> February 2016 & 4 <sup>th</sup> February 2016	TUESDAY 2 <sup>nd</sup> :	8:30am - 4:00pm
	THURSDAY 4 <sup>th</sup> :	8:30am - 4:00pm

## UNIFORM SHOP NEWS

We are excited to announce that coming to the uniform shop in 2016 will be an additional new style of GIRLS sports shorts. They will be available from January 2016 at a cost of \$30.00 each.

Have a safe and restful Christmas break, and we look forward to seeing you all in 2016, we will be open on Tuesday 19<sup>th</sup> January 8.30am – 4.30pm .



# COLLEGE NEWS

## HANDS ON LEARNING

Last Wednesday morning I woke to a bleak rain filled windy morning... and after checking the weather forecast it didn't look good for the annual HOL raft race. We decided to push on, and it was only drizzling, surely it couldn't rain all day! And as luck had it, as we drove towards Mornington, the sky cleared and out came the sun!

We arrived at Mother's beach full of enthusiasm, excitement and a winning reputation to uphold and as the races got underway, it was clear that Rosebud Secondary's raft and crew were made of the right stuff and continually blitzed the other teams, this lead to a great victory in the final heats. Rosebud once again holding onto top spot for the day.

The rest of the day was spent playing beach volleyball, soccer, tug of war and launching water rockets. All the schools mingled well throughout the day and it was great to see our students so relaxed and just enjoying the day.



RSC HOL students winning another raft race!

## MORNINGTON PENINSULA REGIONAL GALLERY SCHOOL HOLIDAY WORKSHOPS & ACTIVITIES

### VCE Art & STUDIO ART FOLIO DEVELOPMENT WORKSHOP

Get a head start on your folio with experienced VCE teacher, artists and MPRG Educator Jill Anderson. Gather inspiration, see how other artists develop ideas, and expand your creative thinking and art-making skills as you explore and develop ideas and possibilities for your VCE folio.

Wednesday 20<sup>th</sup> January, 10:00am–12:00pm

Cost \$12/student

Bookings here: <http://www.trybooking.com/JRPL>

### TEEN ZINE WORKSHOP \*For ages 13-15

Tuesday 12<sup>th</sup> January 10:00am-12:00noon

Draw + cut + paste + photocopy = ZINE!

Get with the zine-scene. Use found images, cut up photos, pieces of text and drawing to create your own quirky and unique mini magazine!

Cost \$12/student. All materials provided.

Bookings here: <http://www.trybooking.com/JURJ> and <http://www.trybooking.com/172155>



# COLLEGE NEWS

## BOOKLIST REMINDER

Online ordering is now open. Go to [www.lamontbooks.com.au](http://www.lamontbooks.com.au) select Textbooks and Stationery and select Rosebud Secondary College from the list or follow the link on the Rosebud Secondary College website.

**HOME DELIVERY:** FREE HOME DELIVERY & HANDLING for orders over \$60.00 submitted by 13<sup>th</sup> December. Home delivery for orders on or after 14<sup>th</sup> December will be charged postage of \$9.50 for orders under \$100.00 & \$15.00 for orders over \$100.00.

**SCHOOL COLLECTION DAY:** THURSDAY 21<sup>st</sup> JANUARY 2016 3:00pm-6:00pm.

Order by 13<sup>th</sup> December for FREE processing & handling. Orders received between 14<sup>th</sup> December - 14<sup>th</sup> January will incur a \$5.00 processing and handling fee. Orders must be placed by 14<sup>th</sup> JANUARY to be available for school collection.

**ONLINE PAYMENT OPTIONS ARE CREDIT CARD, PAYPAL ACCOUNT OR DIRECT BANK DEPOSIT.**

## 1:1 LAPTOP PROGRAM 2016

Following the success of the 1:1 laptop program in Years 7 and 10 in 2015, Rosebud Secondary College is proud to extend the program to **all students** for next year.

It is expected that these devices will be used as a tool for learning in many classes across all year levels, from next year onwards. It is highly recommended for families to purchase a device for their children.

There are two devices available, both are Lenovo 11e Yoga laptops with the advanced option including an active stylus. The devices are available through the College's website by clicking the Edunet logo. You will then be re-directed to the purchasing portal. The direct address is <http://rosebudsc.technologyportal.com.au/>.

The password for access is RSC.



***Lenovo 11E Yoga  
Convertible Notebook***

***Lenovo 11E Yoga Convertible  
Notebook with active stylus***



***Lenovo 11.6" Work-In Case  
\*Other case options available***

### Financial Assistance

There are several options available if your family requires assistance with the purchase of these devices.

Edunet offers a 12 month payment plan, arranged on ordering

[Good Shepherd](#) offers the No Interest Loan Scheme of up to \$1200

[SaverPlus](#) offers a \$500 assistance through the Brotherhood of St. Laurence.

### Further Questions

If you have any questions about the program please either visit the College's website ([www.rsc.vic.edu.au](http://www.rsc.vic.edu.au)) and select the 1:1 Laptop link, or contact Adam Vardanega at the College via phone.



# COLLEGE NEWS



## WORK EXPERIENCE ORGANISATION 2016.



This is a repeat of information that has appeared in the College Newsletter over recent times to remind Year 10 students about Work Experience.

The dates for Year 10 Work Experience in 2016 is the week of April 18<sup>th</sup> – 22<sup>nd</sup> 2016.

Students need to spend the Christmas break looking for and organising a Work Experience placement so that they can return the white slip with their personal and employer details to the Careers Office by this Friday, the 19<sup>th</sup> February 2016.

**\*\*\*\*ALL students also need to complete an OHS General Module in preparation for Work Experience.**

Not all Year 10 students have completed this task at school as a number of students were absent. The Christmas break is an ideal time to complete this online test at home. Students should check with the Careers Office as soon as possible if they have any doubts about their OHS General Module. **Students cannot participate in Work Experience in 2016 without completing the OHS Modules.**

### WHITE CARD (CIC –Construction Induction Card) Training for 2016 Work placement & Work Experience Students

Students who are planning to complete **Structured Work Placement** as part of their Year 10 Work Placement program **OR** work on a building site for **Work Experience** are required by Work Cover Australia to hold a White Card (often referred to as CIC). This includes occupations such as carpentry, plumbing, electrical, plastering and landscaping on new building sites.

To enable students to achieve this qualification which relates to *“working safely in the construction industry”*, Rosebud Secondary College has organised an Accredited Training Organisation to deliver the training at the College on **Wednesday 24<sup>th</sup> February 2016, 9:00am – 3:30pm.** Students need to pay \$60.00 to the College Cashier no later than **Friday 17<sup>th</sup> February 2016.** This is a significantly reduced price and will enable students to complete casual and part time work on building sites in the future. The White Card lasts indefinitely.

**STUDENTS WHO DO NOT COMPLETE THE WHITE CARD WILL NOT BE ABLE TO UNDERTAKE WORK EXPERIENCE ON BUILDING SITES AS PER DEECD GUIDELINES**

## Attention 2016 VET students

**Any students who have included a VET Program with Chisholm in 2016** should be aware that Chisholm will send an email to the email address included on their Expression of Interest Form. This email requires students to complete a personal details form and submit it. **If students DO NOT respond to the Chisholm email their program will not be confirmed with Rosebud College in the New Year. This may jeopardise a place in their chosen program for 2016.**

Any queries contact The Careers Office at Rosebud Secondary College on 59 868595

Janette Pearman

Jackie Voigt

Heather Mason



# SPORT NEWS

## ROSEBUD PRIMARY SCHOOL BASKETBALL CLINICS

Over the past 6 weeks, up to 15 of our students have been helping Rosebud Primary School with their Basketball Clinics. All students who were involved represented the school extremely well and should be congratulated. The clinics were held before school, therefore a commitment of getting to school early had to be made. When at the clinic the students got to coach beginners, intermediate and advanced Basketballers' from the primary school. It was a great link with the Primary School and a number of former Rosebud students went along to help out. The coaching was excellent and all of the Primary School students enjoyed every moment (up to 100 students at times).

Students who helped coach on all 6 days were Tayla Christie, Zac Maynard, Will Powell, Sam Reilly, Josh King Taylor, Liam Tidd and Brodie Winsor. Other coaches included Trinity Andersen, Ashlee Deane, Max Dunston, Paige Gibson, Kyle Llewellyn, Ethan Llewellyn, Rhiannon Murray, Olivia Okey, Bree Peirce, Josh Thomas Taylor, Brooke Vernon, Bailey Ward and Jarrod Foehn.

Glenn Powell, Sports Coordinator.





# COMMUNITY NEWS



**We're looking at you!**



The great host family hunt is on again! WEP Australia is looking for volunteer host families to welcome exchange students arriving soon!

Jump online to see student profiles or contact us as soon as possible!

info@wep.org.au      wep.org.au/hosting      1300 884 733

## It's a Magical Christmas in Mornington On Saturday 12 December

### Carols in the Park

6pm till 8:30pm

**Fun FREE Events for the Whole Family!**

Featuring SILVIE PALADINO

- Carols commencing at 6:30pm
- FREE Kids Activities
- Food Trucks
- Special Prize Draws & Main Street Vouchers to be Won!
- PLUS! Santa!

BYO Picnic and a Blanket

This is strictly an alcohol free event.  
Mornington Park  
Schrapper Point Drive  
Mel Ref: 104 D10



**Mornington Farmers Market**  
8:30am till 1pm  
Fresh seasonal produce and regional delicacies direct from genuine farmers and producers.  
Mornington Park  
Schrapper Point Drive  
#Morningtonfarmersmarket

PROUDLY PRESENTED BY: Tony Lodges from **evview** Mornington Peninsula

GOLD SPONSORS: Main Street Mornington, Bank of Melbourne, Brooklands, MPNG, Mornington BMW

SILVER SPONSORS: cades, MUSEUM, MUSEUM, MUSEUM

ORGANISED BY: M MICHENER COMMUNITY CENTRE OF CONSCIENCE

For further info visit [/mainstreetmornington](#)

## SOCCER STARS KEEPING KIDS ACTIVE

### SUMMER SESSIONS

Sunday 3/10/17/24 January

10 am - 2 pm

Rosebud Secondary College

Eastbourne Rd, Rosebud. 3939



CURRENT NPL COACH PRIZES TO WIN

\$100 SUMMER PASS  
x4 Sessions

ONLY \$30.00 PER DAY

FUN & GAMES

COMPETITIONS

BOOK TODAY  
+61 434 723 507

EVENT PARTNERS



LIMITED SPOTS  
CALL  
0434723507



## ELITE SOCCER COACHING

Train Better Play Better

LOCATIONS/DATES:

ROSEBUD COLLEGE- JAN 6/7/8

BAXTER SC - JAN 13/14/15

DANDENONG THUNDER SC - JAN 20/21/22

COST: ONLY \$119.95 (OR \$50.00 per day)

TIME: 0900-1300

\*Please be aware session times and age groups will be confirmed when registration closes.

ELITE SOCCER COACHING ARE BACK AGAIN THIS YEAR WITH OUR NEW HOLIDAY PROGRAMS. WITH THREE DIFFERENT LOCATIONS WE ARE EXCITED TO BRING OUR ONE OF A KIND SOCCER HOLIDAY PROGRAM. THE PROGRAM CONSISTS OF DRILLS AND SKILLS, IMPROVING CONFIDENCE ON THE BALL, SPACIAL AWARENESS, VISION PLUS SO MUCH MORE!!! AS IF THAT WASN'T ENOUGH WE ARE ALSO BRINGING FUN & GAMES TO THE PROGRAM INCLUDING LARGE INFLATABLES! FOR MORE INFO PLEASE VISIT OUR WEBSITE OR GET IN TOUCH TODAY!



LEARNING KEY FUNDAMENTALS

ENJOYING SOCCER



info@elitesoccercoaching.com.au  
www.elitesoccercoaching.com.au



# COMMUNITY NEWS

## Christmas Cavities

*Looking after your teeth these holidays*

**1. Try to stay in a routine**

Trying to keep up with your day-to-day routine is hard during the holidays. This is a busy time of the year so it is easy to forget to do the everyday routine. By keeping up the oral hygiene routine this will help maintain the health of your teeth and gums.

**2. Moderation is key**

You don't need to avoid sugary foods altogether these holidays, it is about moderation. Instead of drinking fizzy drink, drink water or milk. Swap the sweets bowl for the fruit platter.

**3. Avoid leaving sugar on your teeth**

If you do eat some high sugar foods try not to go too long without brushing your teeth afterwards. The longer you leave sugar on the teeth the more damage it does so brushing soon after eating sugary foods is highly recommended. Alternatively you can rinse with tap water

**4. Brush night and morning**

Brushing first thing in the morning and the last thing before bed is a good way to make sure you stay in your routine and a good way to make sure sugar isn't sitting on your teeth overnight.



Peninsula  
Health

Building a **Healthy**  
**Community**, in Partnership



# COMMUNITY NEWS

## Slip, Slop, Slap, Seek and Slide!

Two out of three Australians will be diagnosed with skin cancer by the time they reach 70. We have one of the highest rates of skin cancer in the world with over 750,000 Australians being treated for skin cancer each year – that's over 2,000 people every day<sup>1</sup>.

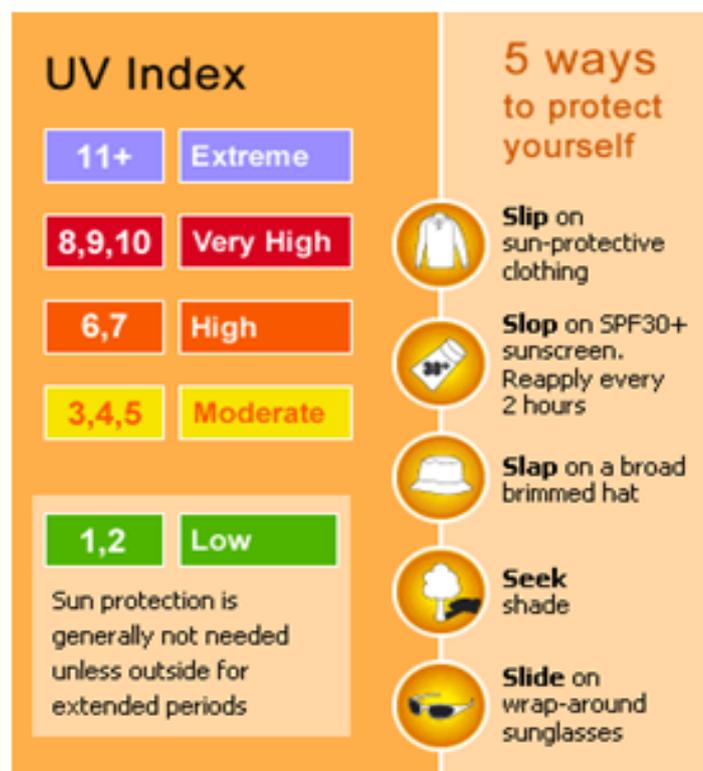
You are most at risk of skin cancer during times when the UV index is at 3 or above. You can check the daily UV index at [www.bom.gov.au/vic/uv/](http://www.bom.gov.au/vic/uv/).

The Cancer Council recommends these five simple ways to protect yourself from the harms of skin cancer:

- 1) **Slip on a shirt** or other form of clothing that covers your arms
- 2) **Slop on sunscreen** that's SPF 30+ and reapply every 2 hours
- 3) **Slap on a hat** with a broad brim or one that covers your face, neck and ears
- 4) **Seek shade** away from direct sunlight
- 5) **Slide on sunglasses** that are close fitting and have UV protection

But what about vitamin D? During summer, most people can achieve adequate vitamin D levels by exposing their face, arms and hands to direct sunlight for just a few minutes most days of the week.

Remember, treating vitamin D deficiency is a lot easier than treating skin cancer! If you're in doubt, speak to your doctor about getting your vitamin D levels tested. For more information about the dangers of skin cancer as well as information about vitamin D, go to [www.cancer.org.au/preventing-cancer/sun-protection/](http://www.cancer.org.au/preventing-cancer/sun-protection/).



Peninsula  
Health

Building a **Healthy  
Community**, in Partnership

<sup>1</sup> Erancek M, Karahalios A, Sharma N, English DR, Giles GG, Sinclair RD. Non-melanoma skin cancer in Australia. Med J Aust. 2012;197(10):565-8.