**Forthcoming Events**

**November**
- Monday 22\(^{nd}\) \(\rightarrow\) Year 11 Examinations
- Thursday 25\(^{th}\)
- Tuesday 23\(^{rd}\) Yr 7 & 8 Girls Super8s Cricket - Melton Kanga Cricket teams to Hamilton
- Wednesday 24\(^{th}\) Transition Day \#4 for Grade 6 \(\rightarrow\) Year 7
- Thursday 25\(^{th}\) France & Belgium Presentation at BCLC 7pm
- Friday 26\(^{th}\) Last day for Year 11 students
- Monday 29\(^{th}\) Australia Athletics coaching GWM Water visit with ‘Phil-the-bucket’
- Monday 29\(^{th}\) \(\rightarrow\) Year 9 & 10 Examinations
- Friday 3\(^{rd}\) Nov
- Tuesday 30\(^{th}\) \(\rightarrow\) Somers Camp
- Wednesday 8\(^{th}\) Dec.

**December**
- Thursday 2\(^{nd}\) School Council Dinner Meeting at O’Donnell’s Tea Rooms
- Friday 3\(^{rd}\) Last day for year 10 students
- Monday 6\(^{th}\) Parents’ Club meeting
- Tuesday 7\(^{th}\) One-Up Day, Kinder - Prep, Grade 6 - Year 7, Year 11 - Year 12
- Wednesday 8\(^{th}\) Year 9 Driver Education at Charlton
- Thursday 9\(^{th}\) Grade 6 Celebration Dinner
- Monday 13\(^{th}\) VCE Results Published Activities week commences for students from Prep \(\rightarrow\) 9
- Tuesday 14\(^{th}\) Presentation Night 8pm Birchip Hall
- Wednesday 15\(^{th}\) Year 9 Water Skiing at Tchum Lake Theatre students to Melbourne for Hairspray
- Thursday 16\(^{th}\) Students Reports distributed from 3:15pm
- Friday 17\(^{th}\) Last official day of school

**February 2011**
- Tuesday 1\(^{st}\) \(\rightarrow\) Staff return for 3 days of professional development
- Thursday 3\(^{rd}\) 
- Friday 4\(^{th}\) Students in grade 1 \(\rightarrow\) year 12 return
- Friday 4\(^{th}\) & Monday 7\(^{th}\) Prep pre-testing
- Tuesday 8\(^{th}\) Prep students commence school

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**VCE Unit 34 Exams**

The VCE exams concluded for Birchip students during the week. We eagerly await the outcomes of these with results being communicated to students on Monday 13th December 2010.

**Only 4 weeks to go!**

- The school year is coming to an abrupt halt. We have only four weeks left but so much still to do.
- The year 11 exams are next week with year 9 & 10 exams the week after.
- Teachers are also writing tests and examinations and commencing the arduous task of report writing for another year.
- The Grade 6 celebration Dinner will be held on Thursday 9th December 2010 – this is always an excellent night of reflection and celebration for our young primary graduates. The dinner is being held on this day so that all students will be back from Somers Camp.
- Presentation Night is on Tuesday 14th December 2010. This is a night of celebration and congratulations to many students who have achieved success during the year. Please keep this night free.
Milo Kanga Cricket Carnival in Donald

Yesterday we had boys’ and girls’ team entered in the Milo Cricket Carnival in Donald. We had a very successful day with both teams winning their first two matches and thus qualifying for the final. In the girls’ competition Birchip defeated Donald One 148 runs to 70 in round one while in the second round they defeated Donald Three in a close encounter, 122 to 113. The boys defeated St Mary’s 154 to 103 and in the second match beat Warracknabeal comfortably, 139 to 98.

In the girls’ final Birchip met Donald Two and in a high scoring contest managed a victory, 171 to 154. Our boys also won their final against Donald One recording 131 runs to 80.

All team members are to be congratulated on their efforts showing impressive skills and playing the game in fine spirit. Thanks to Mrs Lee who coached the girls, Mr Welton who coached the boys and to the interested spectators for their support.

The two teams will now progress to the regional finals which will be held in Hamilton next Tuesday, 23 November. Notes have been sent home with the teams today and need to be returned on Monday.

Transition Day #4

Due to the success of our girls’ and boys’ Kanga Cricket teams in Donald yesterday and with the final being held in Hamilton next Tuesday 23rd November 2010, we need to move the proposed Transition Day #4 to Wednesday 24th November 2010.

Congratulations Mr & Mrs Coatsworth

Mrs Nikki Coatsworth visited the school last week to show off her new twins Priya and Mitchell.

The twins are two months old and doing very well as can be seen in the photograph. Mrs Coatsworth is enjoying motherhood very much.

Office duty

Students learn how to interact with the public in many ways and one such way is by taking part in what is known as ‘office duty.’ Here, students learn how to answer the phone in the correct manner by introducing themselves. They learn how to take effective notes, make announcements over the public address system and deal with members of the public who come to the office. In their quiet times, students catch up on current events by reading the local paper and daily newspaper.
Music

Even though the school’s music room is temporarily a classroom, it has not hindered the enthusiasm of the primary students towards this subject. Music is one subject that the primary students really look forward to as it allows them to express their creativity while working together as a group. At the moment, the Year 6 students, under the guidance of Mrs Andrea Phelan, are learning a variety of songs that they will later perform. The group’s rendition of ‘Felice Navidad’ by Jose Feliciano on their recorders was chirpy and definitely uplifting. Music certainly has the ability to inspire and when a whole class performs ‘Kung Fu Fighting’, it creates energy and fuels enthusiasm.

Super 8 cricket

Cricket is becoming a very popular sport since Mr Andrew Sayle introduced Super 8 cricket to the school. Students, both boys and girls have been practising at lunch time and last week competed in Horsham. From this competition our year 7 & 8 girls won the event and will go on to compete in Melton next Tuesday 23rd November 2010. Good luck girls.
Kwong Lee Dow Young Scholars Program

Congratulations to Laura Lee and Claire Boyle on being welcomed into the Kwong Lee Dow Young Scholars Program at the University of Melbourne. Applications are received from students across Victoria and adjoining border regions. The Kwong Lee Dow Young Scholars Program affords the participants the opportunity to mix with like-minded peers and future leaders. A tailored program of events and activities will support and enhance their secondary studies, inspire their career plans and provide opportunities to interact with the university community. Laura and Claire will be guests of the university at a welcome event on Friday 10th December 2010. Nicholas Bales & Mikaela Christie have also been Kwong Lee Dow Young Scholars.

Claire Boyle

Kwong Lee Dow, AM

Laura lee

France – Belgium
Battlefields Presentation

Many community members have requested a talk; open to the public from the students who took part in the France-Belgium Battlefields trip. The group will talk next Thursday 25th November 2010 at the Birchip Community Leisure Centre at 7:00 p.m.

Desksops, netbooks & notebooks

The school will be submitting a large order for new computers soon. Some families may also wish to purchase computers for their home needs. If you wish to place an order with the school’s order please contact John Richmond on 0417 106 033. Delivery of these computers cannot be guaranteed prior to Christmas.

NO PRIMARY SWIMMING PROGRAM FOR 2010

There will be NO primary swimming program this year for primary students as the Birchip Pool is still undergoing major refurbishment works. We urge parents to consider their children’s swimming skills during holiday time this summer.

Scooters, Skateboards & Ripsticks

Students must not bring scooters, skateboards or ripsticks to school. This includes using them on the way to school and the way home from school.
Year 9, 10 & 11 end of unit examinations

All students in years 9, 10 and 11 will be required to sit formal end of unit examinations similar to the June examination period. It is important that students prepare well for these examinations and ensure all work required has been submitted for assessment. Please refer to the Year 9, 10 & 11 examination timetable.

### Year 11 - Semester 2 Exams

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday 22nd November</th>
<th>Tuesday 23rd November</th>
<th>Wednesday 24th November</th>
<th>Thursday 25th November</th>
<th>Friday 26th November</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 - 10.40</td>
<td>Orange Exams</td>
<td>Blue Exams</td>
<td>Red Exams</td>
<td>Pink Exams</td>
<td></td>
</tr>
<tr>
<td></td>
<td>General Mathematics</td>
<td>English</td>
<td>Studio Arts (60 Mins)</td>
<td>Wood (60 Mins)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Alternative Maths</td>
<td></td>
<td>Outdoor Ed (60 Mins)</td>
<td>Drama (60 Mins)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>HHD</td>
<td>Maths Methods</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Chemistry</td>
<td>Legal Studies</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Hospitality Cert II</td>
<td></td>
</tr>
</tbody>
</table>

### Year 9 & 10 - Semester 2 Exams

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday 29th November</th>
<th>Tuesday 30th November</th>
<th>Wednesday 1st December</th>
<th>Thursday 2nd December</th>
<th>Friday 3rd December</th>
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<tbody>
<tr>
<td>9.00 - 10.40</td>
<td>Orange Exams</td>
<td>Blue Exams</td>
<td>Red Exams</td>
<td>Pink Exams</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 Mathematics</td>
<td>Physical Ed (60 Mins)</td>
<td>Sculpture Art (60 Mins)</td>
<td>Drama (60 Mins)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 Mathematics</td>
<td>Chemistry/Physics</td>
<td>Speak Up</td>
<td>Hospitality Cert II</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Alternative Maths</td>
<td></td>
<td></td>
<td>Blood, Sweat &amp; Tears</td>
<td></td>
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</tbody>
</table>

### Periods

<table>
<thead>
<tr>
<th></th>
<th>Period 3</th>
<th>Period 4</th>
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<tbody>
<tr>
<td></td>
<td>11:05</td>
<td>11:55</td>
</tr>
<tr>
<td></td>
<td>Normal Pink Classes</td>
<td>Normal Green Classes</td>
</tr>
<tr>
<td></td>
<td>Normal Grey Block</td>
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</tbody>
</table>
Habits of Mind – This week’s winner

Congratulations to Curtis Smith, this week’s winner of the Habits of Mind award. Curtis persisted during his Outdoor Education canoeing trip. Despite getting caught up on numerous occasions in trees whilst canoeing on Hattah Lake, he persevered to complete the activity.

Thank you to all students who have been nominated this week. ALL nominated students will go in the running for the end of year prize of the iPod touch.

Student Attendance for Term 4, 2010

The following attendance rules are stipulated by the Department of Education and Early Childhood Development.

All students are required to attend and fully participate in school activities throughout Term 4. This includes participation in elective programs.

Year 11 students are expected to be at school until Friday 26th November 2010 and then must attend compulsory course planning meetings during Mon 29th November 2010 – Fri 3rd December 2010. Times for these meetings will be communicated by Mr Christie and Mrs Barb Smith.

Year 10 students are required to be at school until Friday 3rd December 2010.

Students up to and including Year 9 are required to attend school until the end of the school year on Friday, 17th December 2010.

Reports to all students will be distributed on Thursday 16th December 2010.

Please contact Mr Richmond at the school should you wish further clarification of these dates.

ONE UP DAY

One up day for students entering year 12 in 2011 will be on Tuesday 7 December 2010.

On this day course requirements will be given out and homework for completion over the holidays will be given out.

We realise that this time of year is busy for some of our students but co-operation on attendance will see the educational outcomes for your child being enhanced.

If you have any problems with this please do not hesitate to contact me to discuss these on 54922287.

Russell Christie
VCE Coordinator

Homework Questions – due Friday 26th November 2010

1. What creatures nest in vespiaries?
2. Of which US state is Springfield the capital?
3. In which country was the Battle of the Boyne fought?
4. How many wisdom teeth do humans usually have?
5. What is the third wedding anniversary called?
6. Who did Frank Sinatra marry in 1966?
7. Which felon did Pontius Pilate free rather than Jesus?
8. Which continent is the home of the Tupi Indians?
9. Which well known actor was born Archibald Leach?
10. What is the capital of Togo?

Answers to Last Week’s Homework Questions

1. Which island is situated between Sumatra and Bali? Java
2. Which town of Lombardy gave its name to a bright reddish mauve dye? Magenta
3. Lou Costello was a partner in the comedy team Abbott and Costello. What was his real name? Louis Cristillo
4. Which South American city has a famous Copacabana beach? Rio de Janeiro
5. Who was the youngest queen of Henry V111 to be beheaded? Catherine Howard
7. Which form of flying was perfected by Francis Rogallo in the 1970s? Hang gliding.
8. On how many tablets of stone were the Ten Commandments carved? Two
9. What was the name of Lord Nelson’s flagship? Victory
10. In broadcasting what does CNN stand for? Cable News Network
Hello everyone!

We have been at Gnurad Gundidj for seven weeks now. The time has gone by so quickly, but we have learnt so much. The classes are very different than the ones back at school. We have classes like; Peer Skills, Presentation Skills, Thinking and Learning, First Aid and Leadership. These are not the only classes we have, we also have classes outside which include; canoeing, surfing, bike riding, hiking, orienteering and photography. These classes provide us with life skills and skills we will use on an everyday basis.

We have all made great friends from the other schools, which include Rainbow, Hopetoun, Ararat, Daylesford, Sebastopol (Ballarat), Edenhope and Brauer (Warrnambool). We are sure these friendships will continue long after we leave Gnurad.

We have recently returned from our second Expo to Lake Bullen Merri and Lake Elingamite. For our first Expo we went to Lake Keilambete. Expos involve riding on a bike for a certain distance over 2 or 3 days. We camp each night, cook our own meals, set up our own tents and organise everything. Our last Expo involved a 90km bike ride. We all enjoyed diving in the mud through the swamp.

Every so often we have rest days. These days can be spent however we want, some of us go to the beach, some of us go caving and others just stay back at the campus to relax and catch up on our passports.

A major part of our curriculum here is to make a book called a Passport. This documents all that we have learnt here at G-Rad and includes all the memories we have.

Another major part of our curriculum is to do a Community Learning Project (CLP). For our CLP we have decided to build a stage out at Tchum Lake. We also hope to put benches around the existing fitness track. We know that we will not finish this any time soon, so we hope to continue it over into next year.

At the start of the term, the early starts were a little hard for us, but we are used to them now with David being the exception. Some of us even get up early to go for runs or walks.

We spend most of our free time socialising, playing ping pong, catching up on our passports, listening to music and just relaxing.

It will be hard to come back home to our normal routines and to leave our new friends, but at the same time we are excited to see everyone again. We hope everyone is glad that the school year is nearly finished.

Steph, David, Brylie, Zoe and Shannon

Child Employment Update

CHILDREN UNDER 15 YEARS WHO WORK IN VICTORIA ARE PROTECTED BY CHILD EMPLOYMENT LAWS.

In many situations a Child Employment Permit is required. Child employment laws have recently been streamlined to ensure that children are well protected and the system works smoothly for employers. The reforms come into effect on 31 December 2010.

For more information, please call a Child Employment Officer on 1800 287 287 or visit www.workforce.vic.gov.au

Department of Innovation, Industry & Regional Development

LOST – Have you lost a pair of runners?

Has your secondary student lost a pair of ASIC runners this year?

A pair is awaiting the owner at the school office.

Last Call for claiming of lost property

Eight (8) navy polo fleece tops and three (3) green polo fleece tops all un-named will be sent to Seek ‘n See next week if they remain unclaimed.
Text Books for 2011

We will again be running a second hand book shop. If you have any texts that you want to sell, put your name on them together with an asking price and drop them off at the school office. Courses, especially VCE courses, change all too often and thus new books are needed. The following is a list of VCE texts that are needed for next year and are different from what was studied this year. Old editions are out of date and will not be used next year so please don’t send old editions to school to sell.

Economics:
VCE Units 1&2 - In Economics students must have the 6th edition of ‘Economics Down Under Book 1 VCE Units 1 &2 & ebookplus’ by Morris.
VCE Units 3 & 4 - In Economics students must have the 6th edition of ‘Economics Down Under Book 2 VCE Units 1 &2 & ebookplus’ by Morris.

Chemistry:
VCE Units 1&2- Heinemann Chemistry 1 Student Workbook (4th edition), Lukins
VCE Units 3&4- Heinemann Chemistry 1 Student Workbook (4th edition), Lukins

English:
VCE Units 3&4- Oxford VCE English Units 3 & 4 2011, Leslie
On the Waterfront- film
The Rugmaker of Mazar-E-Sharif by Mazari

Information Technology Applications Year 12
VCE Units 3&4- IT Applications VCE Units 3&4 (3rd edition), Potts

Psychology:
VCE Units 1&2- Psychology for the VCE Student Units 1 &2 & ebookplus (5th edition) Grivas

Physical Education:
VCE Units 1&2-Live it Up 1 Physical Education Units 1 & 2 (3rd edition) &ebookplus, Smyth

Mathematics Years 10, 11 and 12
All Year 10, 11 and 12 Maths units will require a CASIO CLASSPAD 300 CAS Calculator - this can be purchased from the school. A note has already been sent home to all students in years 9 & 10. The cost of these calculators is $195.00

Birchip Ladies Tennis Tournament
30th November
Names to Belinda or Sharee

Dates for School Council

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 23rd November</td>
<td>Physical Resources Meeting at 8:00 p.m.</td>
</tr>
<tr>
<td>Thursday 2nd December</td>
<td>December School Council Meeting at 8:00 p.m.</td>
</tr>
<tr>
<td>Thursday 9th December</td>
<td>Grade Six Celebration Dinner Birchip Community Leisure Centre</td>
</tr>
<tr>
<td>Tuesday 14th December</td>
<td>Presentation Night at 8:00 p.m. Birchip Public Hall</td>
</tr>
<tr>
<td>Friday 17th December</td>
<td>Last official day of school for 2010</td>
</tr>
</tbody>
</table>

Birchip Preschool Supp Lotto Fundraiser

Draw 3059 - 13/11/2010
1st No. 23 Cameron Flowers
2nd No. 38 Julie Lowry
Thanks for your support.

COMMUNITY EVENTS

Saturday 20th November 2010
Donald & St Arnaud Dance Studio presents Showcase 2010 - Donald Memorial Hall 8.30pm
Adults $15, students/pens $10, family $55.
Tickets available at door from 7.30pm

Sunday 21st November 2010
Community Concert - Free Admission - Warracknabeal Town Hall 6pm. Sponsored by WDC 5398 1967

Thursday 25th November 2010
Community Adult Theatre Night - King Arthur. Donald Primary School Big Shed 7pm. BYO nibbles & drinks. Bookings 5497 1581. $15 per person.

SCHOOL REUNION

Year 12 class of 2000
20th November, 2:00 p.m. at Tchum Lake
BYO drinks and chair
RSVP to Marissa Juergens 0438 922 328

Farewell

Everyone is invited to an evening get together to farewell Kim McInerney at O’Donnell’s Tea-rooms on Friday 19th November 2010 at 7.00pm
Enquiries to Jacinta Bourke or Jacinta Lewis
Parents’ Club Meeting
Monday 6th December

Theme: Christmas
Time: 7 for 7.30pm
Venue: Birchip P-12 School
Please join us for a festive Christmas dinner - all welcome.
Kris Kringle $5
Dinner to be provided by year 10/11 hospitality students Birchip P-12 School
RSVP: Ros McCallum 50772218 (AH)
       Jenny Hogan 54922672

Junior Cricket

Rain and cricket do not go well together.
The junior cricketers were again frustrated last Saturday in their efforts to play some junior cricket.
Unfortunately the second half of the game 3 match Siddle versus McKay was washed out with Siddle
chasing the 117 set by McKay for victory.
We will finish this game next Thursday 25th November after school – umpire Andrew Sayle
Due to this game there will be no Junior Cricket Training again next Thursday.
However ‘Kid’s Cricket’ conducted by Mark Bowen will continue at the George Cartwright Oval.
This week is the start of Game 4 as per the draw 20th November – 27th November: McKay versus White
Umpires: Russell Christie & Andrew Sayle
Result of Game 2: White versus Siddle (played over the last two Thursdays instead of Junior cricket
Training)
Siddle 82 were defeated by White 112
Siddle                White
Brenten Delaney 29       Jake Hogan 29 retired
Joe Boyle 16 retired     Harry Christie 24 retired
Bill Lee 2 wickets for 3 runs Jacob Christie 24 retired

Also this week:
SUNDAY GAME 21st November 2010 – INDOOR [THIS SUNDAY]
McKay versus Siddle
Umpire: Andrew Sayle
Players should be at the stadium ready to start play at 9:00 a.m

Homework!

<table>
<thead>
<tr>
<th>Year level</th>
<th>Subject</th>
<th>Teacher</th>
<th>Homework</th>
<th>Due date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep/1</td>
<td>Class</td>
<td>Mrs Kelly</td>
<td>Word Lists &amp; Rhyming words</td>
<td></td>
</tr>
<tr>
<td>1/2</td>
<td>Class</td>
<td>Mrs Welton</td>
<td>Practise counting backwards from any 2 digit number. Count by 10s from any 1 or 2 digit number</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Class</td>
<td>Miss Arnott</td>
<td>6, 7, 8 x tables &amp; spelling</td>
<td></td>
</tr>
<tr>
<td>9/10</td>
<td>PE</td>
<td>Mr Sayle</td>
<td>Netball/Football quizzes</td>
<td>24th Nov.</td>
</tr>
<tr>
<td>11</td>
<td>History</td>
<td>Miss Wright</td>
<td>Complete all Taliban questions</td>
<td>23rd Nov.</td>
</tr>
</tbody>
</table>

All Years - 15 minutes reading a day!
Sun-protective clothing

Cancer Council Victoria recommends clothing that provides as much ultraviolet (UV) radiation protection as possible, such as collared shirts, at least three-quarter length trousers and three-quarter sleeve tops. When the UV Index is 3 or above use a combination of the five sun protection measures:

1. **Slip** on some sun-protective clothing.

2. **Slop** on SPF30+ sunscreen – make sure it is broad spectrum and water-resistant. Put it on 20 minutes before you go outdoors and re-apply every two hours.

3. **Slap** on a hat – that protects your face, head, neck and ears.

4. **Seek** shade.

5. **Slide** on some sunglasses – make sure they meet Australian Standards.

Extra care should be taken between 10 am and 3 pm, this is when UV Index levels reach their peak.

To find out UV Index levels look for the SunSmart UV Alert in your daily newspaper’s weather section or visit bom.gov.au/weather/uv or sunsmart.com.au

Live UV levels for Capital cities are available from arpansa.gov.au/uvindex/realtime

This information sheet is based on recommendations from the Australian Radiation Protection & Nuclear Safety Agency’s (ARPANSA) Resource Guide for UV Products. The guide can be downloaded from arpansa.gov.au/uvrg/index

**Design**
Choose clothing that covers as much skin as possible. Collared shirts and at least three-quarter-length trousers and three-quarter-sleeve tops cover skin well.

A shirt with long sleeves and a large collar offers much better protection than clothing that covers less of your body, such as singlet tops. Loose-fitting clothes give better protection than tight-fitting clothes and may be more comfortable to wear on hot days. Darker colours generally offer more protection than lighter colours.

**What is UPF?**
Clothing designed and sold as providing sun protection, will have a tag showing its ultraviolet protection factor (UPF) rating. The UPF rating provides information on how much UV radiation will pass through unstretched, dry material.

For example, material with a UPF rating of 20 would only allow 1/20th (5%) of the UV radiation falling on its surface to pass through it. This means that this material blocks 95% of UV radiation.

The UPF rating doesn't refer to the design of the garment, just its material. Some fabrics may have their rating improved by being specially treated.

Any fabric rated above UPF15 provides good protection against UV radiation, but UPF50+ is recommended. Fabrics that don't carry a UPF rating don't necessarily offer less protection than those that have been tested, but the rating system provides added assurance.

The Australian/New Zealand Standard for sun-protective clothing (AS/NZS 4399:1996) describes methods and labelling requirements for UPF rated clothing (see Table 1).

**Table 1**

<table>
<thead>
<tr>
<th>UPF Ratings and Protection Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>UPF Rating</strong></td>
</tr>
<tr>
<td>15, 20</td>
</tr>
<tr>
<td>25, 30, 35</td>
</tr>
<tr>
<td>40, 45, 50, 50+</td>
</tr>
</tbody>
</table>

Source: Australian Radiation Protection And Nuclear Safety Agency April 2008
Sun protective clothing

Fabrics do not need to be UPF rated to provide protection. Most fabrics will provide some protection from the sun. You can use the basic guidelines given overleaf to choose effective fabric and garments.

What should I look for when choosing sun-protective clothing?
Sun-protective clothing provides protection by absorbing and reflecting UV radiation that strikes the surface of the fabric and by covering as much of the body surface as possible.

In the same way that you choose clothing for warmth in the winter, you can choose clothing that provides protection from UV during peak UV exposure times. Try to choose fabric structures, colours and other characteristics that optimise protection. If you want to choose a light coloured fabric, other choices of fabric structure, etc., will become more important.

Fabric structure
The tighter the fabric structure, whether knitted or woven, the better the sun protection.

As the fibres of tightly woven fabrics are closer together, less UV radiation is able to pass through to the skin. Tightly woven, lightweight natural fabrics such as linen, cotton or hemp will also help keep you cooler than synthetic fibre equivalents.

Tension
If a fabric is stretched, it will be less protective. This is common in knitted or elasticised fabrics. Take care to select the correct size for the wearer or if wearing extensible fabrics choose fabric structures and colours that provide greater levels of protection to counterbalance the effect of the stretch.

Layering
Layering of fabrics and garments is an effective way of increasing protection from UV.

Colour
Many dyes absorb UV radiation. Darker colours (black, navy and dark red) of the same fabric type will absorb more UV radiation than light pastel shades (white, sky blue and light green). Choose darker colours and remember some fabrics will never be dark.

Moisture content
Fabrics offer less protection from UV radiation when wet. How much less the protection will be depends on the type of fabric and the amount of moisture it absorbs. To reduce the effect of the moisture, take dry clothes to change into or if dipping in and out of the water, choose a fabric that provides effective protection from UV and that will dry quickly.

Caring for your clothes
Washing new clothes can improve their sun protection, especially when made of natural fibres such as cotton, by shrinking gaps in the structure. However, old, threadbare or faded clothes may offer decreasing protection over time.

UV absorbers
Some clothing is treated so it can absorb more UV radiation. Check the clothing label to see if your clothes have been treated and ensure you follow the care instructions.

Further information and resources

Visit sunsmart.com.au or contact the Cancer Council Helpline on 13 11 20.

UV-protective clothing and accessories can be purchased at Cancer Council Victoria’s shop or online at cancervic.org.au/store

This information is based on current available evidence at the time of review. It can be photocopied for distribution.

Latest update: August 2010

SunSmart appreciates the assistance in the development of this information sheet provided by Dr Cheryl Wilson, University of Otago otago.ac.nz/textiles/
Gathering Data through all the Senses

On a recent trip to the Melbourne Zoo Year 11 Biology Students Gathered Data Through all the Senses.

They watched how animals interacted with one another in environments designed to replicate those that are found in the wild.

They listened to animals communicating with each other. With lunch being served, the baboons became quite vocal as they jostled for a prime position.

They smelt the range of odours produced by wild animals. Tigers were marking their territory by applying a scent produced in their glands.

They observed many primates communicating through touch as they groomed and preened members of their group.