



Safer Communities Australia Inc

August 2009



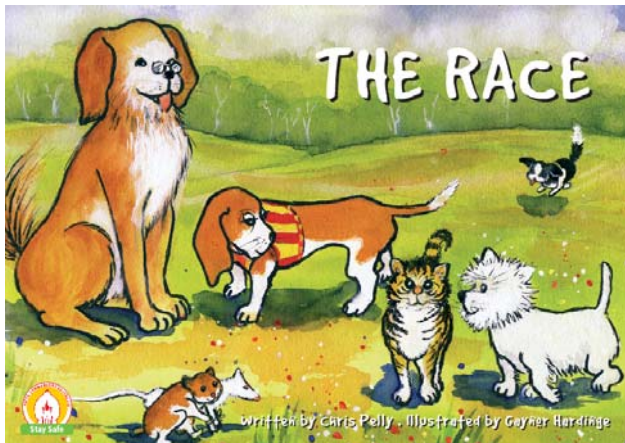
Safety Ambassador Newsletter

"The Race" - a story book

INCLUDED WITH THIS NEWSLETTER is a copy of our new story book called **The Race**.

Safe T Hound joins his adorable animal friends (including Ben Collie, Kate Tabby, Lara McScotty, Charles Ratty and Harry Hamster) for **The Race**. After practising for a race, poor Kate is scared by bullies so Safe T Hound shows her how to get help at a **Safety Assist** house.

The book is aimed at junior primary students so you might like to organise a time in a lesson when you can read the story to the younger students. You can fold the pages back so the words are facing you and the colourful drawings are facing the children.



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Dates to remember:

- Annual General Meeting
Wednesday 23 September at 7pm
- Children's Week
24 October to 1 November 2009
- Children's Safety Celebration
Thursday 29 October 2009

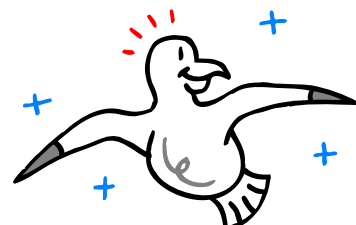
THIS BOOK SELLS for \$5.95 but we are donating one book to each of our Safety Ambassador schools. The book will be part of your **Safety Ambassador Resource Kit** that will be built up over time.

You will soon receive a box — and this book is the first thing to put

into it. We will continue to send you other books and information to keep in this box as a permanent resource for Safety Ambassadors and their teachers.

The Kit will stay in your school and can be used from year to year by the Safety Ambassadors. This way, there will always be

resources available for Safety Ambassadors and the teachers that support these students.



Activities by the month

Plan a special activity each month. Here are some suggestions:

September

Have a competition for a poster on **Safety at the Beach**.

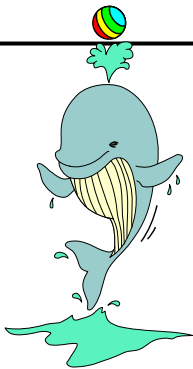
Start planning activities for **Children's Week** in October.

Put a **Safety Spot** in your school newsletter. This could be the one we have included in this newsletter or one that you come up with.

October

Put an article in your school newsletter about **Safety while Door Knocking** for those who might go trick-or-treating on Halloween.

Safety Ambassadors could do a "**One No, Don't Go**" poster (see back page for information) to go up in your school's Resource Centre.



Safety Tips for the Beach

IT'S SPRING and the days are starting to become warmer. Summer isn't all that far away and that's when many families will be heading to the beach on weekends and holidays.

Here are some important tips to make your day at the beach safer.

Swim between the red and yellow flags. They indicate the safest place to swim when lifeguards and lifesavers patrol beaches.

Always swim under supervision or with a friend.

Read and obey all signs.

If you are unsure of surf conditions, ask a lifeguard or lifesaver.

Avoid swimming directly after a meal.

Always check the depth of the water.

Never run or dive in the water. Even if you have checked the depth, water conditions can quickly change.

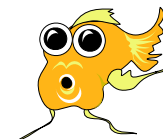
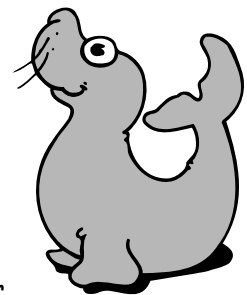
If you get into trouble in water, stay calm. Raise one arm for help, float and wait for assistance.

Use 30+ sunscreen and wear a shirt, hat and sunglasses. Slip, Slop, Slap, Wrap.

Float with a current or undertow. Stay calm. Don't try to swim against it. Signal for help by raising one arm, and wait for assistance.

Keep the beach clean, put your rubbish in a bin and keep off dunes—they are there to preserve the beach environment.

Thanks to Surf Life Saving for these safety tips.





Safety Celebration

Safety Ambassadors are invited to attend our **Children's Safety Celebration** which will be held in **Children's Week**.

When: **Thursday 29 October**

Where: **Coorara Primary School, Morphett Vale**

Assembly: **9.00am**

Morning tea: **9.30am**

Displays: **9.45am to 2.15pm**

Magic Show and closing ceremony: **2.30pm**



A **school assembly** will launch the start of this special celebration. During this assembly, Safety Ambassadors will be presented with **Certificates of Appreciation** and will be our guests at the morning tea.

Ambassadors are then welcome to join the students in visiting the exhibits that will be on the school oval. There will be interactive displays from police, fire, ambulance and many other safety and emergency services.

You can also join in the **Safety Trail** as you have your fingerprints taken, check out the fire engines and collect safety information, stickers, brochures and lots more.

It's all about learning how to **stay safe**.

You can come to the assembly and stay for the day, or just stay for part of the celebrations.

You will need to arrange permission and transport with your parents and school. Any parent or teacher who comes with you is welcome to stay for the event, including morning tea for our guests.

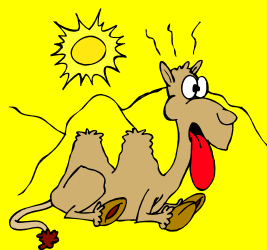
Don't forget to let us know if you will be there!



Here is another **Safety Spot** that you can use in your school newsletter.

What do you do if it's a hot day and you're going outside?

1. **Slip** on a shirt.
2. **Slop** on 30+ sunscreen.
3. **Slap** on a hat.
4. **Wrap** on some sunglasses.

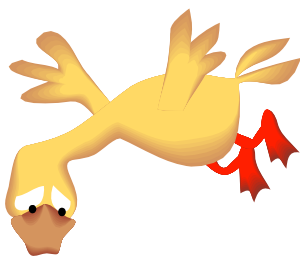


Safety Spot

Safer Communities Australia Inc

76 Edmund Ave
Unley SA 5061

Phone: 08 8373 0818
Fax: 08 8373 6203
Mobile: 0419 8277 23
safetyhs@senet.com.au
www.safercommunities.asn.au



Awards for Teachers



EACH SCHOOL in our Safety Ambassador program has a teacher who helps the students with their work in spreading safety messages throughout their school communities.

Now is your chance to say *thank you* to your teacher who has been helping you.

With this newsletter, we have included a letter about this Award. *Think about nominating your teacher.* It would be a great way to reward them for all their efforts.

We need to have the applications in within the next couple of weeks - *so make sure you do it soon!*

One no, don't go!

Feeling unsafe?

Be wary of strangers. If a situation doesn't feel right, ask yourself these 3 questions:

1. Do I feel safe with this person?
2. Do my parents know where I am?
3. Can I get help if I need it?

If you answer **NO** to any of these questions, **DON'T GO**.

Remember - **one no, don't go**.

You have the right to be safe. Always.



Safety Assist

Lost? Hurt?
Feeling
unsafe?

Look for a
Safety Assist
sign for help.

Annual Meeting

EACH YEAR SAFER COMMUNITIES AUSTRALIA holds an Annual General Meeting. We would like you to come along this year. The formal part of the evening only takes a few minutes. The rest of it will be very interesting for people of all ages, so bring along your families.

There will be a talk on **bicycle safety**, a **First Aid demonstration** of CPR, a tour of the **Army Museum** plus a wonderful hot supper afterwards. We will also be making a presentation to each of the Safety Ambassadors who come along.

It will be a very interesting evening - so come along and join us.

Don't forget to let us know if you will be coming.

