



SURF LIFE SAVING
NEW SOUTH WALES



On Patrol with Community Education - January 2024

Welcome to our **Term 1 School Newsletter** from the Surf Life Saving NSW Community Education team!

Our mission is to equip all communities with the confidence, knowledge, resources and tools to prevent drownings & create safe, fun, welcoming & enjoyable beach side experiences.



Meet surf lifesavers Matt & Justine!

Matt - I first became involved in the club when my son Anthony joined Nippers in 2005. Even though I had zero experience, within a couple of weeks I became an Age Manager and not long after completed the Bronze Medallion. From there I immersed myself into all aspects of surf lifesaving, I became a trainer, assessor, surf sports official and coach, I competed in surf sports events from Beach and lifesaving events to board races and IRB racing, believing it important to be a good example to those I trained and coached.

My passion lies in ensuring that people are well educated when it comes to the beach, from nippers to adults. My involvement in the Beach 2 Bush program enabled me to reach and educate an audience that would previously attend the beach without that knowledge.



Knowledge is the key, informed people make better decisions when it comes to staying safe and well trained people have the ability to have more fun at the beach and enjoy it safely.

My big tip would be don't panic, remain calm if you get into difficulty, remember what you have learned and signal for help - a calm mind is able think clearly and make better decisions.

Justine – When our son Mikey started Nippers in 2012 I became an Age Manager and loved helping the kids learn to be safe at the beach. I grew up in Canberra, so the ocean was pretty scary to me. Eventually I was inspired by my Nippers and I was super-proud to achieve my Bronze Medallion in 2017. From my own experiences in overcoming my fear of the ocean I very much like to encourage those who have similar fears and develop tools that I have learned to help them achieve their goals. I love patrolling and I have especially enjoyed participating in the Beach 2 Bush for the past 2 years.

My favourite tip to help people learn about rips is “Green is mean, white's alright”. This means that when you see the dark, smooth areas in the water that is usually where the rips are. The safe places to swim are where the waves are breaking with white tops. It's a simple thing to remember but has a powerful message behind it.

We are incredibly proud that both of our boys not only completed Nippers but went on to become active patrolling members and proficient lifesavers who contribute to the community.



Beach & Coastal Safety Resource Hub

The beach is for everyone to enjoy. Knowing how to stay safe while at the beach is important information that you can share with your students through our programs & resources. Want to learn more? You can easily access and download a vast array of content that supports beach and coastal safety education for your students on our [Beach & Coastal Safety Resource Hub](#)



Check out The Hub



Why are our School Run Programs Important?

Every NSW child should have the opportunity to learn vital beach safety skills and knowledge. The school setting is the perfect environment for lifesaving skills. Knowledge of basic water safety skills can significantly reduce the risk of drowning, enhance community safety and build resilient children.

On our [Beach & Coastal Safety Resource Hub](#) you can register your school for these free programs available in 2024:

Beach to Bush: our very popular surf education program for primary schools is now in its 31st year. Our surf lifesavers love sharing their beach safety knowledge with rural and remote primary students in NSW schools.

They will be heading “bush” over 3 weeks in Term 4 from 4th -22nd November 2024. You can learn more about the program [here](#).



In 2023 our lifesavers met over 11,000 primary students in regional areas of NSW. Check out the highlights [here](#). If your primary school would like to be part these **FREE** sessions you can register [here](#).



Big Beach Week: we bring you a whole week of **FREE** beach and water safety activities to help your students prepare for summer!

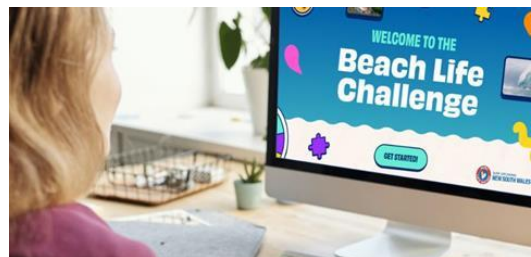
What does the week look like? Students can watch livestreams directly from the beach to learn about lifeguards & lifesavers, they will learn about marine creatures and waterways safety and can also participate in our competitions. This program is open to **all** NSW schools and is scheduled over a week in Term 4 from 2nd to 6th December. You can learn more about this program and submit an EOI [here](#).



What's Coming up this Year?

SPIN & SPLASH – Beach Life Challenge Game

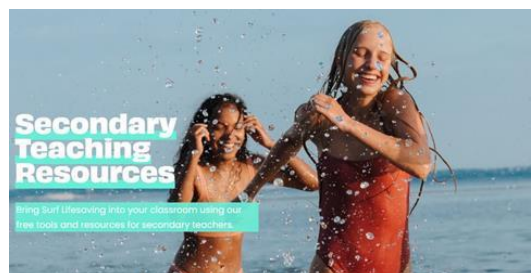
We are in the final stages of launching our free on-line learning tool for primary students to learn about the ocean, beach & inland waterways safety, either in the classroom or at home.



With over 200 questions and 46 topics students will be engaged with-images and videos and will get a certificate upon completion of each topic.

SECONDARY UNIT OUTLINES

Our team of educators and teachers have created curriculum aligned unit resources for Stage 4 to Stage 6 to assist teachers integrate beach and coastal safety activities into your lesson plans in an easy and simple way.



These units focus on delivering the key water safety message that the beach is a place for everyone to safely experience the beach, coastline and inland waterways. Each lesson plan is stage based and supported by activity sheets and resources. These units will be launched in Term 1 and will be accessed via our Hub.

We'll keep you updated on the launch of these opportunities for your school through our newsletters closer to the launch dates.



Ask an Expert

Do you or your students have any questions to ask our dedicated volunteer surf lifesavers? Maybe they are working on an assignment, or you need some information for assessments. Nothing compares with getting the facts directly from the experts. Fill in the form [here](#) and we will respond using the email provided.



Fishy Fact!

Waves can be fun. You can dive under them and jump over them. Watch them gently roll to shore or be awed by their power as they crash on the beach. So what are waves and how do they work? Find out more about how waves are formed and the types of waves your students may see at the beach here: [What is an ocean wave? - Beach Safety Hub](#)



MISSED ONE OF OUR PREVIOUS SCHOOL NEWSLETTERS? No problem, you can access all the newsletters on our Hub:

NSW Teachers School Newsletter

Next Newsletter

Our next *On Patrol Newsletter* will be sent to you at the start of Term 2 2024.

Stay in the loop

You are welcome to sign up to receive our *On Patrol Newsletter*. We will keep you updated on how to access our free resources, what's new, any exciting programs we have

developed and any news items especially for teachers.
Please sign up here: <https://bit.ly/SLSNSWNewsletter>

"Learning is a treasure that will follow its owner everywhere."

Contact Us

Want to know more?

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