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On Patrol with Community Education - July 2024

Welcome to our **Term 3 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 lifesaver Adrienne!

I've been a Surf Lifesaver for over 22 years patrolling on what I think is one of the best beaches in Sydney - Dee Why on Sydney's Northern Beaches. As well as being a patrolling surf lifesaver, I enjoy educating other surf lifesavers. Actively training, assessing and facilitating awards including Nipper Surf safety to the prestigious Gold Medallion. Not stopping there, I'm a surf sports referee for lifesaving events including First Aid scenarios, Champion Lifesaver and Patrol Competition. Judging teams and managing competition including the Australian Titles. Another role I have is as a Duty Officer, working with other emergency organisations during critical incidents.



My real passion within surf lifesaving is being part of the [SLSNSW Bush to Beach program](#).

Surf and water safety education is vitally important, the information presenters teach primary students in rural and remote areas of NSW participating in the Bush to Beach program can really make a difference in aquatic safety.

This program has to be the most successful preventative water safety program in Australia and I'm proud to be a B2B presenter for 20 years.

MY BEACH SAFETY TIP: There are a few tips teachers can pass on to students such as learning that the safe swimming area is between the red and yellow flags at a patrolled beach and learning how to identify rip currents. At the beach it's important to know how rip currents flow and what to do if you do get caught in a rip. A great little lifesaving saving quote is to remember this: *'green is mean, white is nice'*.



Anyone can drown,
no one should.

The **World Drowning Prevention Day** was established by the United Nations (World Health Organisation) with the aim to increase awareness about preventing drowning and its substantial impact on communities.

Last year in NSW there were 48 coastal drowning deaths recorded. Our team of dedicated surf lifesavers and lifeguards performed 4,787 rescues at patrolled beaches along our coastline.



Drowning is preventable. What is one thing you can teach your students today?

- Always swim between the red & yellow flags
- Look for the beach safety signs
- Say hello to a lifesaver
- Never swim alone
- Watching children around water
- If you get into trouble in the water, stay calm and raise your arm
- In an emergency call triple zero (000)

Teacher Resources to download & share with students:

- [Swim Between the Red & Yellow Flags: colouring in sheet](#)
- [Keeping Safe at the Beach: connecting the picture activity](#)
- [Help Annie be safe at the Beach: activity sheet](#)
- [Beach/Wharf/River/Rock Pool/Tide Current: safety scenario activity](#)
- [Marine Encounters: mathematics cut-outs](#)
- [Drowning Prevention - community engagement](#)

Learn more about how you can help raise awareness about drowning prevention here: [World Drowning Prevention Day](#)

Marine Encounters Mathematics cut-outs

Teachers need to cut out the marine creatures from the background for students to place on the grid paper to trace around to construct compound 2D shapes.

NOT TO SCALE: The marine creatures are purposely not to scale to cater for the range of numeracy levels in your class.



Australian Pineapple Fish



**Don't Forget to Register for our Term 4
Primary School Beach Safety Programs!**





Ingenia Holiday Parks Beach to Bush: our very popular surf education program for primary students is now in its 31st year. A B2B2023 student from St Josephs Merriwa shared this photo with us of one of their students post event! She definitely learned how to stay safe at the beach from our lifesavers: “*find the red and yellow flags swim between them*”.

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

If your primary school is located in a rural area of NSW and would like to be part these **FREE** sessions you can register [here](#). Places are limited so please register soon!



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.

A full teachers guide is also included in your resources. This program is open to **all** NSW primary 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](#).



Looking for Some Fun Educational Resources?

Check out the Kangaroo Beach animated series as they teach kids beach safety: [Kangaroo Beach - Beach Safety Hub](#).

Or get your kids learning beach safety with the Minions: [Beach fun with the Minions! - Beach Safety Hub](#)



Fishy Fact!

Discover the challenges our oceans face due to human induced climate change and how we can come up with solutions in this **Stage 3 Lesson Plan: Ocean Acidification**. Includes activities, experiments, syllabus reference and resources and a presentation from the National Marine Science Centre.

Learn more and download the resources here: [Ocean Climate Change - Stage 3 - Beach Safety Hub](#)

MISSED ONE OF OUR PREVIOUS SCHOOL

NEWSLETTERS? No problem, you can access all the newsletters on our Hub:

Next Newsletter

Our next *On Patrol Newsletter* will be sent to you at the start of Term 4 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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This email is being sent to you as you're a key stakeholder within the Surf Life Saving NSW Education Community.

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