



**SURF LIFE SAVING
NEW SOUTH WALES**



On Patrol with Community Education - October 2025

Welcome to our **Term 4 School Newsletter** from the Surf Life Saving NSW Community Education team!

In this newsletter, you will find essential tools and resources to teach your class and students about beach and coastal safety. Take advantage of these programs and opportunities to help your students stay informed and safe by the water.



Are your students ready for summer?

Daylight saving started in NSW on Sunday 4 October, and many families have already been heading to the beach.

Please take some time at school to talk about beach safety with your students and use our programs and resources to help them learn how to stay safe this summer.

- Be Sun Smart – Wear a hat, sunscreen, and sunglasses.
- Swim Between the Flags – Red and yellow flags mean it's safe.
- Look Out for Rips – If you get caught, stay calm, float, and raise your hand.
- Stay Close to an Adult – Never go in the water alone.
- Watch for Sea Creatures – Be careful of jellyfish, crabs, and stingrays.
- Check the Signs – Lifesavers put up signs



to keep you safe.

- Know How to Get Help – If someone's in trouble, raise your arm and wave to signal to life savers or call for help.



Find more information and resources



Meet Our Surf Lifesaver!

My name is Mikey Studden and I patrol at Manly Beach in Sydney.

I'm the Patrol Captain of Patrol 4 at Manly Life Saving Club on the Northern Beaches. I've been a Surf Life Saver for 17 years and a Patrol Captain for 14 of those. Over the years, I've built up skills including becoming an Inflatable Rescue Boat driver, which is challenging, essential and fun.

My patrol is incredible. They've become close friends, and we all share the same goal: making sure beachgoers enjoy their day at the beach and go home safe. I have a deep passion for Surf Life Saving and water safety, which keeps me inspired to give back to this amazing organisation.





Beyond Patrol Duties:

My love of water safety has taken me beyond the beach. I'm part of the SLS NSW Community Education team, helping share vital safety messages with at-risk communities. I also made a career change from the corporate world seven years ago to work as a Lifeguard for the Australian Lifeguard Service at places like Penrith Beach and Lake Parramatta. And in summer, I also work with the SLS Northern Beaches Branch Surf Life Saving School, teaching primary-aged kids how to enjoy the beach safely.

Mikey's Top Beach Safety Tips

1. Always swim between the red and yellow flags.
2. Parents: keep young children within arm's reach.
3. Even with older kids, always watch them and know where they are in the water.



Get Ready for Summer with Big Beach Week! (1–5 December)

Teach your students important beach and water safety skills before the summer holidays. Big Beach Week is an easy, classroom-ready program with fun, curriculum-linked lessons. We give you everything you need - teacher guides, student activities, and videos.

Just pick a time, use the materials, and teach beach safety your way! Great for primary schools, and can be used in secondary, early childhood, or home learning too.

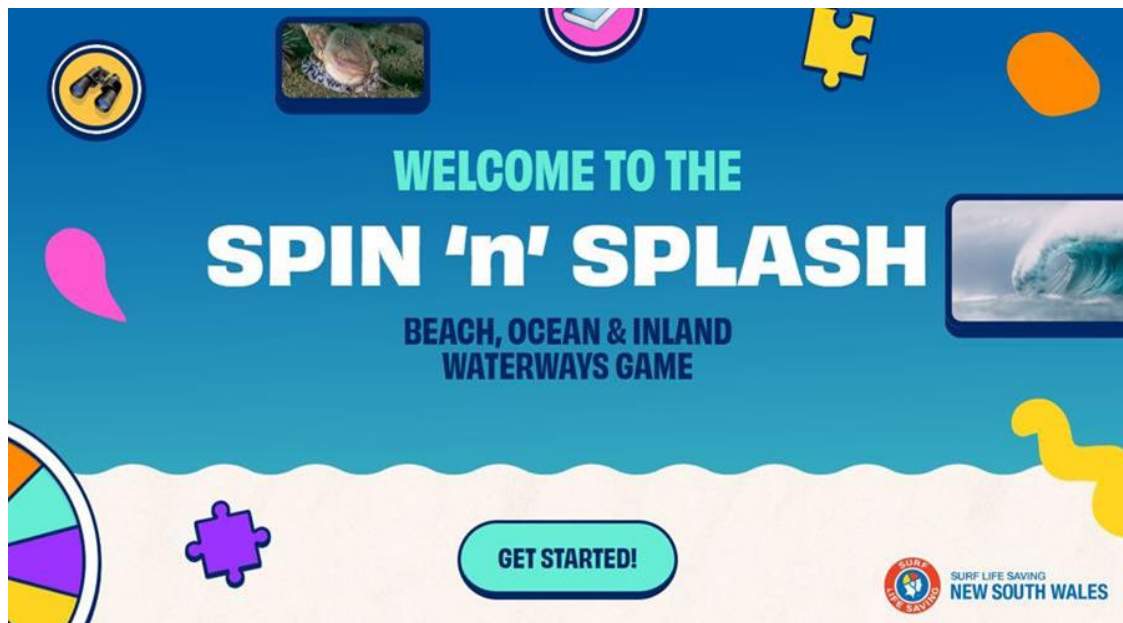


What's included:



- Teaching Guide
- Student Activities
- Beach Safety Videos

[Register for Big Beach Week!](#)



Spin Splash Update!

Launched last year by Surf Life Saving NSW, Spin 'n' Splash is an interactive water safety game for kids aged 4–12. Through fun, colourful activities, it helps children learn how to stay safe at the beach.

Highlights:

- 200+ questions across 40+ beach safety topics
- Engaging videos, audio, and illustrations
- Certificates to celebrate learning progress
- Perfect for classrooms or home learning
- Accessible anytime, anywhere

Haven't tried it yet? Help your students and their parents build water confidence and beach safety skills

[Explore Spin Splash now!](#)



Rock Fishing Safety Workshop

Surf Life Saving NSW, in partnership with the Department of Primary Industries and Regional Development (DPIRD), is offering FREE Rock Fishing Safety Workshops at popular fishing spots and community hubs.

These workshops are tailored for multicultural communities, with free lifejackets for adults. Families are welcome. There will be fun activities and educational resources for kids.



What's included:

- FREE Lifejacket
- FREE Lunch
- Family-friendly activities

Locations:

📍 Little Bay, Randwick (18 Oct)

📍 Burwood, (8 Nov)

📍 Kiama, (16 Nov)

[Register Now!](#)



Timmy's Gone Fishing

A water safety program for kids aged 3+. This 45-minute, interactive, face-to-face session introduces young children to safe water practices while enjoying activities like fishing with family and friends.

What kids will learn:

- Storytime: A specially written book on water safety
- Interactive activities: Fun, hands-on experiences
- Safe fishing: Simple safety tips for rivers, lakes, and the ocean

Book Now!



Does your student still need to learn to swim?

It's never too late to start! Learning to swim builds water confidence, prevents drowning, and teaches vital survival skills like floating, staying calm, and calling for help.

Find Swimming Lessons in NSW

- [NSW Government's Learn to Swim Program](#): Free lessons for eligible communities
- [Swimming NSW](#): Learn-to-swim and voucher programs
- [City of Sydney Pools & Swim Programs](#): Local swim lessons for all ages and levels
- [Royal Life Saving](#): Water safety education and national swim programs
- [A Splash of Colour Swimming](#): providing adult swimming lessons, helping culturally diverse communities build confidence
- [YMCA NSW](#): Swim Right Academy



Fishy Fact: Sharks

Sharks have been in our oceans for over 450 million years, long before dinosaurs. In NSW, a few species

are more frequently involved in serious shark-bite incidents. These are known as target sharks.



Fast Facts:

- The Shortfin Mako is the fastest shark in the world, reaching bursts of 70 km/h
- It can leap up to 9 metres out of the water
- Sharks predate dinosaurs by millions of years

Tips to minimise a shark encounter:

- Swim at a patrolled location between the red and yellow flags
- Avoid swimming and surfing at dawn, dusk and night
- Avoid swimming at river mouths or in murky, discoloured waters
- Avoid swimming in or around schools of baitfish

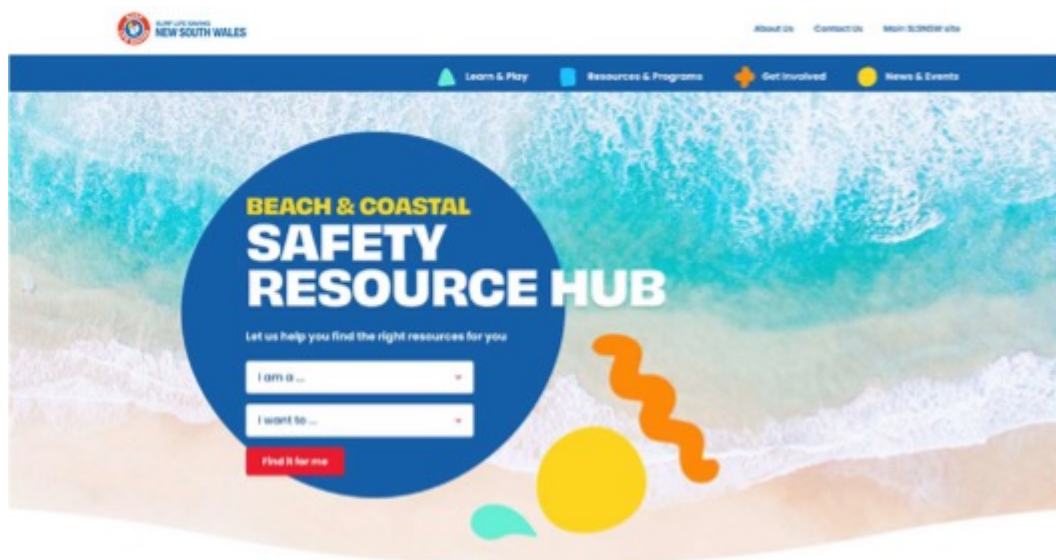
To keep beachgoers safe while protecting these ancient animals, the NSW Government runs the SharkSmart program, using SMART drumlines and coastal listening stations to track shark movements in real time. Alerts are sent directly to [the SharkSmart App](#).

[Learn More About Sharks!](#)



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 communities 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 community on our [Beach & Coastal Safety Resource 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 1 2026.

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 newsitems especially for teachers. Please sign up [here](#).

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

Contact Us

Want to know more?

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