



Dear Wyndham CEC Community

As Wyndham CEC's Child Safety Officer my role is to provide advice and raise awareness on child safety. This edition of our Child Safety and Wellbeing Newsletter reflects:

- Sun Safety—physical safety (Standard 9)
- Support Services
- Staff Aboriginal Cultural Training

### **Standard 9 -Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed**

I have talked a lot about online safety so this term with Australia heading into a long hot summer I am focusing on physical safety, in particular sun safety.

As adults working with young people or if you have children of your own it's important that we are good role models when it comes to sun safety. It's not only the safety of children we should be thinking of but our own safety as well.

### **Did you know!**

Australia has one of the highest rates of skin cancer in the world. Each year over 2,000 Australians die from skin cancer, and more than two in three Australians will be diagnosed with skin cancer in their lifetime. It is the most common cancer diagnosed in Australia – and it can be almost entirely prevented with good sun protection.

It's great being outdoors enjoying our beautiful country and climate. From the beach to the bush, being outdoors gives us a chance to be active, enjoy fresh air and spend time with others.

Being outdoors in Australia means we're exposed to some of the harshest and most dangerous levels of ultraviolet radiation (UV) in the world.

UV radiation can't be seen or felt and can be harmful on warm, sunny days as well as on cool, cloudy days. The more skin is exposed to UV radiation, the greater the risk of damage and skin cancer.

If you notice your skin starts to change colour – what people often call a 'tan' – that's a clear sign that damage is being done. Whenever the UV Index hits 3 or above it's important to cover up to protect your skin.

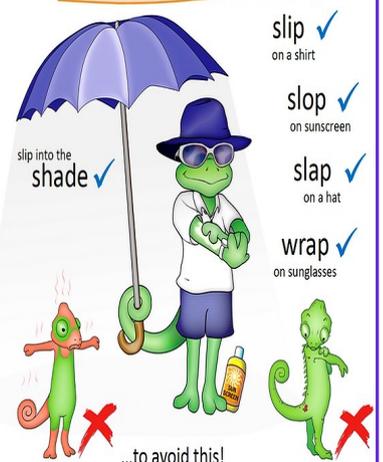
No matter your age, when you cover up your skin, you create a barrier between yourself and UV radiation. You can cover your skin by wearing a hat, clothing and sunglasses. Apply sunscreen to any parts of skin you can't cover with clothing. Enjoy shady areas outdoors to give you extra coverage.

## **Wyndham CEC's Commitment to Child Safety**

Wyndham CEC wants children to be safe, happy and empowered and supports and respects children attending the Centre, as well as staff and volunteers.

### **Kare Chameleon's UV Lab**

#### **SunSmart Behaviours**



# Wyndham CEC's Statement of Commitment

Wyndham CEC is committed to Child Safety  
has no tolerance of child abuse  
and actively works to protect and empower children

## Sun Safety

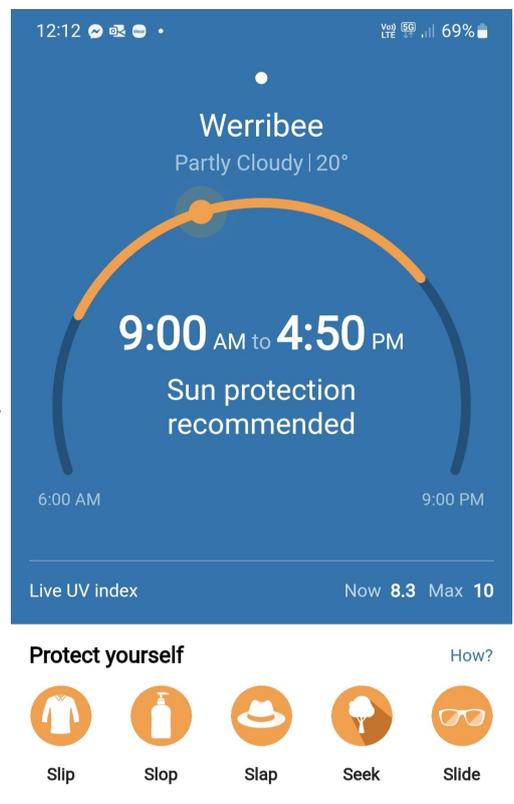
### Role of adults

As adults working with young people or if you have children of your own it's important that we are good role models when it comes to sun safety. So many times I have seen adults making sure their children are wearing hats, have sunscreen on etc but they themselves do not.

### Sun Smart App

To keep up with the latest UV rating download the free SunSmart Global UV app on your mobile device via the link below. You'll be surprised at how high the UV rating is especially on a cloudy day.

[SunSmart Global UV app - SunSmart](#)



UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index
1	2	3	4	5	6	7	8	9	10	11+
Low		Moderate			High		Very high			Extreme
You can safely stay outside!		Seek shade during midday hours! Slip on a shirt, slop on sunscreen and slap on a hat!					Avoid being outside during midday hours! Make sure you seek shade! Shirt, sunscreen and hat are a must!			

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## Sun Safety

### SKIN CANCER FACTS

--WHAT YOU NEED TO KNOW--

OVER  
**2000** PEOPLE  
PER DAY

ARE TREATED FOR SKIN CANCER  
IN AUSTRALIA  
THAT'S AROUND 750,000 PER YEAR

**2 in 3**

AUSTRALIANS WILL BE  
DIAGNOSED WITH  
**SKIN CANCER**  
BY THE AGE OF 70



AUSTRALIA'S MOST  
**COMMON  
CANCER**

EVERY YEAR SKIN CANCER  
ACCOUNT FOR AROUND  
80% OF ALL NEWLY  
DIAGNOSED CANCERS IN  
AUSTRALIA



MORE THAN  
**12,500** CASES OF  
**MELANOMA**

ARE DIAGNOSED IN AUSTRALIA EVERY  
YEAR

MELANOMA IS  
MORE COMMON  
**IN MEN**  
THAN WOMEN

MEN ARE MORE  
THAN  
**2.5 TIMES**  
AS LIKELY TO DIE  
FROM MELANOMA



AROUND  
**2,000**  
DEATHS PER YEAR

MELANOMA IS THE 6<sup>TH</sup> MOST COMMON  
CAUSE OF CANCER DEATH IN AUSTRALIAN  
MEN AND 10<sup>TH</sup> MOST COMMON IN  
AUSTRALIAN WOMEN



DON'T BE A STAT  
**SLIP, SLOP, SLAP, SEEK & SLIDE  
AND SPOT**  
IF YOU NOTICE ANY NEW OR CHANGING  
SPOTS GET THEM CHECKED BY AN EXPERT

**Slip**



**Slop**



**Slap**



**Seek**



**Slide**



**Protect yourself in five ways from skin cancer**

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### Parents Information Page

**Wyndham CEC has a strong commitment to Child Safety in the Senior Secondary-Program as can be seen by the following:**

- Wyndham CEC has a designated Child Safety Officer—Lesley Nallawalla.
- If you have any questions she can be contacted on :0409 218 071 or at 20 Synnot St, Head Office



### Support Services

- **CHILD FIRST** <https://services.dhhs.vic.gov.au/referral-and-support-teams>
- **ORANGE DOOR** <https://www.vic.gov.au/familyviolence/the-orange-door.html>
- **SUN SMART** <https://www.sunsmart.com.au>

24-hour telephone assistance is available through:

- **Kids Helpline (5 to 25 year olds)- 1800 55 1800**
- **Beyond Blue- 1300 22 4636**
- **Lifeline - 13 11 14**
- **1800 Respect - 1800 737 732**
- **MensLine Australia - 1300 789 978**
- <https://www.esafety.gov.au/>
- **If you have been scammed online, visit [www.scamwatch.gov.au](http://www.scamwatch.gov.au).**
- **If you have been a victim of cybercrime, call the Australian Cyber Security Hotline on 1300 292 371 or visit [www.cyber.gov.au](http://www.cyber.gov.au).**

The eSafety Commissioner website also has information to help parents with their children/young people if they are having any concerns or problems with social media or online activity. [CCYP | Resources](#)

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## Staff Aboriginal Cultural Training

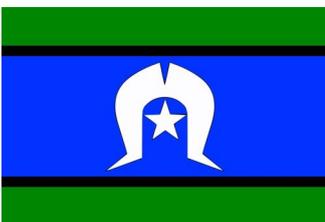
On Tuesday 28 November a number of staff from all units of Wyndham CEC participated in Aboriginal Cultural Training run by Tania from the Koorie Heritage Trust. This was organised by the Senior Secondary Program.

Tania spoke of her experiences and those of her family. She told about growing up as an Indigenous child and the biases she encountered.

Some takeaways from the training are as follows:

- **What the Aboriginal and Torres Strait Islander Flags represent.**

The black symbolises the Aboriginal people, the red represents the earth and the colour of ochre used in Aboriginal ceremonies, and the circle of yellow represents the sun, the constant renewer of life.



The green panels at the top and bottom of the flag represent the land and the central blue panel represents the sea. The black lines dividing the panels represent the Torres Strait Islander people. The centre of the flag shows a white dhari (dancer's headdress) which represents Torres Strait Islander culture.

When the flags are displayed it makes First Nations peoples feel acknowledged, proud, recognised and represented..

- **The difference between a Welcome to Country and an Acknowledgement to Country.**

It is important to understand that only Traditional Owners can deliver a Welcome to Country. Traditionally, First Nations people travelling to different Country had to seek permission to enter from the Traditional Owners. It can take many forms including singing, dancing, smoking ceremonies or a speech in traditional language or English

Acknowledgement of Country, can be done by anyone. It is a way of showing awareness of, and respect for, the Aboriginal Traditional Owners of the land on which a meeting or event is being held. Its purpose is to recognise the continuing connection of Aboriginal people to Country, and is commonly delivered by both Indigenous and non-Indigenous peoples.

- **Who is considered an Elder?**

An Aboriginal (or Torres Strait Islander) Elder is **someone who has gained recognition as a custodian of knowledge and lore, and who has permission to disclose knowledge and beliefs.** In some instances Aboriginal people above a certain age will refer to themselves as Elders



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## Comments from staff who attended:

- First time trying aboriginal cuisine using indigenous ingredients.
- The training explains how the impact of colonisation together with past policies and present are still affecting the Aboriginal People today and others who are put into this category of margin. I have developed capacity to be more understanding and aware on how to work with the Aboriginal colleagues and clients.
- I thought that the identity exercise that was completed was a very powerful one that made a significant impact on participants.
- I did learn about sensitive topics and appropriate language that could be applied in the classroom .
- I didn't have much information about the Aboriginal people of Australia, and this training has motivated me to delve deeper into the issue. I would like to highlight that the time allocated for the session was quite limited, considering the complexity of the topic. The issues faced by Aboriginal people are substantial and warrant more extensive sessions for thorough exploration.
- Tania's passion really shone through and I believe that she is a great connection to have met and may even assist in finding the right programs to refer young first nations clients too.
- I want to acknowledge and appreciate the presenter for her excellent delivery, and the time and effort of everyone who worked in to arranging the session.
- We learnt about the concept of our own identity and what is *community* for us and how to further encompass different cultures

