



Sun Safety (UVR Exposure)

Curriculum Support Health Resources for Elementary Schools

Skin cancer is the most commonly diagnosed cancer in Canada, and the incidence rate of Melanoma, the most deadly form of skin cancer, continues to rise. Skin cancer is also almost completely preventable. Equipping children with the information that they need to protect their skin while playing outside will help them to make healthy decisions regarding sun safety. Eighty percent of most people's lifetime ultraviolet radiation exposure occurs before the age of 18 years.

Please see below the Canadian Sun Safety Guidelines:

- **Check UV Index** daily. When the UV Index reaches 3 or more, you need to be extra careful to protect your skin. In general, the UV Index in Canada can be 3 or more from 11 a.m. to 3 p.m. between April and September, even when it's cloudy.
- **Seek shade** or bring your own.
- **Cover up** as much of your skin as you can with tightly woven or UV-protective labelled clothing. Clothes provide better protection than sunscreen.
- Wear a **wide brimmed hat** that covers your head, face, ears and neck.
- Wear **close fitting sunglasses** with UVA and UVB protection in a wraparound style. The label might have UV 400 or 100% UV protection on it.
- Apply broad spectrum sunscreen with **at least SPF 30** properly. Use a lip balm with SPF and reapply when needed.
- **Don't use indoor tanning.** Tanning beds and sun lamps release UV rays that can damage skin, cause sunburn and increase the risk of skin cancer.

(Endorsed by the Ontario Sun Safety Working Group - <https://www.uvontario.ca/copy-of-past-accomplishments>)

The following resources are available directly from the source listed. For more information about Sun Safety, visit:

<https://www.publichealthgreybruce.on.ca/Your-Health/Child-and-Family-Health/Sun-Sense>

Grant Opportunities

Tree Canada Greening Canada's School Grounds Program - \$500-\$3500 – contributes making Canadian schools cleaner, greener places for children to learn and play.

<https://treecanada.ca/greening-communities/community-tree-grants/apply-schools/>

TD Friends of the Environment Foundation – Avg. \$2500 – Eligible projects include: environmental education, tree plantings, energy conservation, schoolyard projects, community gardening.

<https://fef.td.com/funding/>

EcoLeague – up to \$400 – projects that engage the students and make a positive impact upon their school/community. <http://lsf-1st.ca/en/projects/teacher-resources/action-project-funding>

School Ground Greening: Designing for Shade and Energy Conservation

This resource helps schools increase shade to protect students and staff from ultraviolet radiation (UVR) and to shade school buildings to save energy and make them more comfortable. It includes tips to involve the school community.

Visit: http://ontarioecoschools.org/program_guides/sgg.html.

Curriculum Resources

SunSense Teaching Guide Grades 1 – 3 (OPHEA, Evergreen, Canadian Cancer Society, 2017)

<https://www.cancer.ca/~media/cancer.ca/ON/prevention%20and%20screening/live%20well/Sunsense/Teaching-Guide-Grade-1-to-3.pdf?la=en>

Sunny Days, Healthy Ways (School Curriculum Grades K – 5)

<https://www.sdhw.info/curriculum/curriculum.aspx> . This is American curriculum endorsed by the CDC. Some of the content may be inappropriate for Canadian students. The information however, is well laid out and includes many activities that can relate the curriculum to science, English and art-related school curricula.

Sun Safety e-Learning Class - Grades 5/6 (Canadian Skin Cancer Foundation)

<http://elearning.basecorp.com/cscf/elementary/story.html> . This is a self-learning module is engaging, takes students about 25 minutes to complete and has both audio and little quizzes to review that material throughout the content. Please note that the Canadian Skin Cancer Foundation recommends avoiding the sun between 10 AM and 4 PM. This differs from the pan-Canadian messaging of avoiding the sun between 11 AM and 3 PM. There is also one slide that shows a boy wearing a baseball cap on backwards. A wide-brim hat is recommended by the Canadian Cancer Society and the Ontario Sun Safety Working Group.

Grades 1 – 6 (Canadian Cancer Society, 2019)

<http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/get-involved-on/sunsense/?region=on>

- Canadian Cancer Society's SunSense Certification Guide for Elementary Schools

- Teaching Guide Grades 1-3
- Teaching Guide Grades 4-6
- Letter to Parents
- On Demand 20-minute Webinar for Parents
- Use SunSense Factsheet
- Parent Information Guide
- Policy Guide
- Activity Sheet – Trivia, Crossword, Word Scramble
- Poster
- UV Bracelets (Available with Registration)
- Fortune Teller Activity (Available with Registration)

Huron-Perth Catholic School Board: A Planning Guide for Implementing Sun Protection Strategies. (Inclusive document for Schools to increase awareness and help change culture around Sun Safety)
<http://huronperthcatholic.ca/Documents/Policies%20-%20Board%20%28Elaine%29/3D13%20Sun%20Safety%20Guidelines.pdf>

Screen Me Educator Resources (Melanoma Network of Canada) – K – 12
<http://www.screenme.ca/educators/>

Videos

Slip, Slop, Slap, Seek an Glide – Sid the Seagull (30 seconds)
<https://www.youtube.com/watch?v=FzA47J7QsVk&feature=youtu.be>

Shade Matters (5:05 minutes)
<https://www.youtube.com/watch?v=jKESQCsjdv4&feature=youtu.be>

Screen Me
<https://www.facebook.com/screenmeMNC/videos/1924951747716854/>

Sun Safe Play Everyday (4:24 minutes)
<https://www.youtube.com/watch?v=Zc2wE5dVx3Y>

SickKids: A Sun Safety Poem by Dr. Miriam Weinstein (49 seconds)
<https://www.youtube.com/watch?v=VMMk6Ef3MTU>

You've Gotta Be SunSmart – Jay Laga'aia (2:22 minutes)
<https://www.youtube.com/watch?v=Fwa49vPr-3I>

Sun Days Fun Days (11:53 minutes)
https://www.youtube.com/watch?v=jc_kCw9_Nds

Screen Me Camp Sun Safety Sing-A-Long with the Fuddles (1:35 minutes)
<https://www.youtube.com/watch?v=CxN8Yyhau8M&feature=youtu.be>

Dear 16 Year Old Me (5:03 minutes)

<https://www.youtube.com/watch?v=4jgUcxMezM>

Other Resources (Canadian Cancer Society)

Sun Safety Poster

<http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/skin-cancer-facts/?region=on>

The Six Best Ways to Be Sun Safe

<http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/the-6-best-ways-to-be-sun-safe/?region=on>

How Sun Savvy are You? Quiz

<http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/how-sun-savvy-are-you/?region=on>

Sun Safety Tips for Babies and Children

<http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/sun-safety-tips-for-babies-and-children/?region=on>

Sunscreen 101 – quick tips on using sunscreen products

<http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/sunscreen-101-quick-tips-on-using-sunscreen-products/?region=on#ixzz5duVmnG8z>

Activity Sheets

Sun Safety for Kids (K – 6)

<http://www.sunafetyforkids.org/resources/activitysheets/>

Canadian Dermatology Resources

Sun Safety Free Printable Resources

<https://dermatology.ca/public-patients/sun-protection/free-printable-resources/>

Sun Safety Colouring Sheet

<https://dermatology.ca/wp-content/uploads/2017/02/Be-Sun-Safe-EN.pdf>

Sun Smart Summer Fun Word Search

<https://dermatology.ca/wp-content/uploads/2018/05/Sun-Smart-Summer-Fun-Wordsearch-EN.pdf>

Fortune Teller / Riddle Activity

<https://dermatology.ca/wp-content/uploads/2018/05/Fortune-Teller-EN.pdf>

Articles of Interest:

- Kouzes, E., et al., ***Sun Smart Schools Nevada: Increasing Knowledge Among School Children About Ultraviolet Radiation.*** Preventing Chronic Disease, 2017. **14**: p. E125.
- Dono, J., et al., ***The relationship between sun protection policies and practices in schools with primary-age students: the role of school demographics, policy comprehensiveness and SunSmart membership.*** Health Education Research, 2014. **29**(1): p. 1-12.
- Nahar, V.K., ***Skin cancer prevention among school children: A brief review.*** Central European Journal of Public Health, 2013. **21**(4): p. 227-232.
- Guy, G.P., Jr., D.M. Holman, and M. Watson, ***The Important Role of Schools in the Prevention of Skin Cancer.*** JAMA Dermatology, 2016. **152**(10): p. 1083-1084.
- Ackermann, S., et al., ***Sun protective behaviour and sunburn prevalence in primary and secondary schoolchildren in western Switzerland.*** Swiss Medical Weekly, 2016. **146**: p. w14370
- Turner, D., et al., ***School sun-protection policies-does being SunSmart make a difference?*** Health Education Research, 2014. **29**(3): p. 367-77.
- Reinau, D., et al., ***Evaluation of a sun safety education programme for primary school students in Switzerland.*** European Journal of Cancer Prevention, 2014. **23**(4): p. 303-9.
- Miljkovic, S., et al., ***The impact of education on adolescents' sun behavior: experiences from Serbia.*** Srpski Arhiv Za Celokupno Lekarstvo, 2014. **142**(5-6): p. 330-6.