

## Sun Safety

The **Sun Safety Program for Elementary Schools** (York Region Community & Health Services) provides resources including curriculum matched materials to promote sun safety for elementary school aged children. In collaboration with the York Region SunSense Coalition, we annually host a Sun Smart Poster Contest for grade 1 students and their families. The contest winner is provided with a tree that is planted on their school grounds to promote the use of shade. We also provide resources and consultation to develop sun safe school policies and to plan for shade in schools. Public health nurses are available to support Healthy Schools who choose to address sun safety using a comprehensive school health approach.

The following resources and services are available from York Region Community & Health Services or directly from the source listed. A listing here does not necessarily constitute a full endorsement of the resources and /or their contents.

### **Manuals and Curriculum Resources**

#### **Grades K-8**

- **SunSense Lesson Plans and PowerPoint Presentations** (Algoma Public Health). Lesson plans and PowerPoint presentations on sun safety for Grades K-2, 3-5, and 6-8. Available in English and French. Free download at <http://www.algomapublichealth.com/Default.aspx?l=,1,10,75,903>.

#### **Grades 1-3**

- **Living with Sunshine** (Canadian Cancer Society). A primary teaching resource on sun protection for grades 1-3. The lessons include a variety of activities to allow flexibility needed to meet your classroom's grade level and the instructional time available. This teaching resource intentionally avoids discussion of skin cancer, focusing instead on healthy lifestyle choices. Call York Region *Health Connection* at 1-800-361-5653 to borrow.

#### **Grades 4-7**

- **Sky Watcher Guide to Weather – Chapter 6 Ultraviolet Radiation** (Environment Canada). A free teaching guide for Grades 4-7. It provides unique resources that address the weather-related learning outcomes of the Pan Canadian curriculum. This user-friendly material explains in simple terms the basics of weather. It's filled with fast facts, activities, and experiments. Chapter 6 addresses the topic of Ultraviolet Radiation. Free download at [http://www.on.ec.gc.ca/skywatchers/teachersGuide/tg\\_pdf/06\\_UV\\_e.pdf](http://www.on.ec.gc.ca/skywatchers/teachersGuide/tg_pdf/06_UV_e.pdf).

#### **Grade 6**

- **Sunburn – Prevention and Treatment Grade 6 Lesson Plans** (Toronto Public Health). The health risks associated with increased ultraviolet (UV) radiation exposure include sunburns, skin aging, eye damage and skin cancers. This teaching package provides information about the effects of the sun as well as how lifestyle choices can have an impact on these health risks. The overall goal of the package is to have children incorporate sun safe behaviors into their everyday life. Free download at [http://www.toronto.ca/health/cancerprevention/pdf/cp\\_sunburn\\_prevention\\_treatment\\_grade\\_6.pdf](http://www.toronto.ca/health/cancerprevention/pdf/cp_sunburn_prevention_treatment_grade_6.pdf).

## Storybook

- **Block the Sun Not the Fun** (Canadian Pediatric Society). A rhyming book that discusses UVA and UVB and actions to take to be protected against them. Call York Region *Health Connection* at 1-800-361-5653 to borrow.

## Activity Book

### Grades 2-4

- **Rayguard's Be Sun Smart Activity Book** (Canadian Cancer Society). This resource contains word searches, puzzles, mazes and coloring, all featuring the Rayguard dog, and sun safety messages. Call York Region *Health Connection* at 1-800-361-5653 or the Canadian Cancer Society to obtain free copies.

## Videos

- **Sun Safe Play Everyday** (Canadian Dermatology Association). A 4-minute cartoon video that shows a little boy and his dog demonstrating sun safe behaviors while having fun outside, through songs. The video is interactive and asks the audience to sing along. Call York Region *Health Connection* at 1-800-361-5653 to borrow, or order from Canadian Dermatology Association [http://www.dermatology.ca/sap/info\\_material.html](http://www.dermatology.ca/sap/info_material.html).
- **Cover Up: A Music Video on Sun Safety** (Lockwood Films). A 12-minute live-action music-video that teaches children about the need to protect their skin from the harmful rays of the sun. The sun-safety message is presented in three original, high-energy songs composed by Glenn Bennett and Doug Varty. "Sunny Day Blues", "Cover-up" and "It's a Wild, Wet, Wacky, Wonderful World". Call York Region *Health Connection* at 1-800-361-5653 to borrow.
- **The Sun Show** (Sun Safety for Kids). The hosts, field reporters, and guests of The Sun Show, an imaginary live morning T.V. show, make it both fun and interesting for children to learn why and how to protect against overexposure to the sun. High quality animated segments add humor, and expose those invisible ultraviolet rays. Developed by experts in dermatology, public health, and education for use in elementary school classrooms. Two versions available, one for ages 6-8, and the other for ages 9-11. Each of the two versions includes a Teacher's Guide. Cost: US\$ 39.95. To order, visit <http://www.sunsafetyforkids.org/videos/order/>.
- **A Crack in the Pavement: Digging In** (National Film Board of Canada – Film by Jane Churchill and Gwynne Basen) A two-part video set that shows children, teachers and parents how, working together to green their school grounds, they can make positive changes in their communities. *Digging In* follows students from Toronto's Jesse Ketchum School as they take steps towards the greening of their schoolyard. Along the way they get "how-to" advice and inspiration from kids across the country; from Pauline Public School, where students raised \$10,000; from Boardacres School, where a family of wild ducks found a home in their pond and from Queen Mary School, where the students tip is to "get help from your parents and teachers to make your garden happen!" List Price: \$59.95. To order, visit the NFB Store at <http://www.nfb.ca>.
- **A Crack in the Pavement: Growing Dreams** (National Film Board of Canada – Film by Jane Churchill and Gwynne Basen) A two-part video set that shows children, teachers and parents how working together to green their school grounds, they can make positive changes in their communities. *Growing Dreams* gives an inspirational overview of school

ground greening. It shows what kids have done to transform bare pavement into dream schoolyards: growing trees for shade, flowers for butterflies, vegetables for a food bank; building a greenhouse, a rooftop garden and constructing a courtyard pond as an outdoor classroom and refuge for wildlife. List Price: \$59.95. To order, visit the NFB Store at <http://www/nfb.ca>.

### Workshops

- **Shade for Kids Workshop-in-a-box** (Evergreen Canada). Want to create more shade on your school ground, but don't know where to begin? This resource provides you with everything you need to deliver a workshop that addresses all the elements of designing for shade. Free download at <http://www.evergreen.ca/en/resources/schools/shade-for-kids.sn>.
- **Getting Started Workshop-in-a-Box** (Evergreen Canada). This comprehensive resource includes all the material you need to deliver an inspirational workshop to kick-start a greening project at your school. Free download at <http://www.evergreen.ca/en/resources/schools/getting-started-workshop.sn>.

### Guides

- **Shade: A Planning Guide** (York Region Sunsense Coalition). A booklet designed to promote the use of shade for sun protection among individuals and organizations. This planning guide outlines the importance of shade, where shade is essential, how to plan for shade, the different types of shade and how to best utilize and create shaded areas. Call York Region *Health Connection* at 1-800-361-5653 to order.
- **School Ground Greening: Designing for Shade and Energy Conservation** (Ontario Eco School). Based on a guide developed by Evergreen and the Toronto District School Board, this resource will help schools design for increased shade to protect students and staff from ultraviolet radiation (UVR) and to shade school buildings to save energy and make them more comfortable. Tips for involving the school community in the design process, surveying user needs, completing a site analysis, creating site plans and developing a fundraising strategy are included. Free download at [http://ontarioecoschools.org/program\\_guides/sgg.html](http://ontarioecoschools.org/program_guides/sgg.html).
- **The Learning Grounds Guide for Schools** (Evergreen Canada). This guide will help you get started with your school ground greening project. You will learn what you need to do in order to plan and implement your project. Hard copy: \$15. Free download at <http://www.evergreen.ca/docs/res/LG-Guide-For-Schools.pdf>.
- **Sun Safety Information Guide for Schools** (Toronto Public Health). This *Information Guide* contains facts and tips to assist you in bringing "sun safety" alive in your school. You can use this guide to Educate students about these health concerns; raise awareness about standard sun safety recommendations; make sun safety an integral part of your regular outdoor school programming as well as special outdoor events or outings and promote Sun Safety Awareness. Free download at [http://www.toronto.ca/health/cancerprevention/pdf/cp\\_sun\\_safety\\_info\\_for\\_schools.pdf](http://www.toronto.ca/health/cancerprevention/pdf/cp_sun_safety_info_for_schools.pdf).
- **Sun Safety Event Planning Guide for Outdoor Events** (Toronto Public Health). This Information Package is designed to assist you in bringing "Sun Safety" to your planned outdoor event. You can use this package to raise awareness and encourage those in your organization and those involved in your event to be sun safe. This package contains the

following information: Health concerns related to the sun; how to incorporate sun safety recommendations at outdoor events; Sun Protection Checklist to review sun safety strategies for your event; Environment Canada's UV Index; Six Sun Safety Recommendations; sample flyers for promoting a sun safe event; information about obtaining sun safety posters/hand-outs; and other resources. Free download at [http://www.toronto.ca/health/cancerprevention/pdf/sun\\_planning\\_guide\\_pub.pdf](http://www.toronto.ca/health/cancerprevention/pdf/sun_planning_guide_pub.pdf).

### **Programs and Campaigns**

- **Grade One Sun Smart Poster Contest** (York Region SunSense Coalition). An annual contest open to all grade one students across York Region. The goal is to increase awareness of sun safety in children and their families. Grade one students draw a picture to depict sun smart behaviors. The contest winner is provided with a tree that is planted on their school ground to promote the use of shade. The winning entry is made into a Sun Smart poster and bookmark for distribution throughout York Region. All participating students will receive a Sun Smart bookmark and a Sun Smart wrist band package. Call York Region *Health Connection* at 1-800-361-5653 for details.
- **UV Index and Sun Awareness Program** (Health Canada). An annual campaign designed to teach Canadian children about the harmful effects of overexposure to solar ultraviolet radiation and how to use the UV Index. Each year, a poster, letter, and registration card will be sent to all elementary and secondary schools across Canada in September. Teachers can register their class on-line or via the mail-back registration card to receive a UV Index Sun Awareness Program kit. Each kit contains a teacher's guidebook, UV index meter, UV detection beads, sun-sensitive paper, instruction and activity sheets, and a mail-back teacher evaluation form. The link to online registration is: <http://www.hc-sc.gc.ca/hl-vs/sun-sol/uv-prog/register-inscire-eng.php>

### **Canadian Websites & Relevant Organizations**

Canadian Cancer Society	<a href="http://www.cancer.ca">www.cancer.ca</a>
Canadian Dermatology Association	<a href="http://www.dermatology.ca/sap/index.html">www.dermatology.ca/sap/index.html</a>
Environment Canada – UV	<a href="http://www.ec.gc.ca/uv/default.asp?lang=En&amp;n=D4001B75-1">http://www.ec.gc.ca/uv/default.asp?lang=En&amp;n=D4001B75-1</a>
Evergreen - School Ground Greening	<a href="http://evergreen.ca/en/lq/lq.html">http://evergreen.ca/en/lq/lq.html</a>
Health Canada, Sun Safety	<a href="http://www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php">http://www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php</a>
Ontario Eco schools	<a href="http://ontarioecoschools.org">http://ontarioecoschools.org</a>
York Region Community & Health Services	<a href="http://www.york.ca">www.york.ca</a>
York Region SunSense Coalition	<a href="http://sunsafeyork.org">http://sunsafeyork.org</a>

### **International Websites**

- **Cancer Council Victoria, Australia – Sun Smart.** Cancer Council Victoria is an international leader in promoting sun safety. Its *At School* section offers lesson plans, posters, songs, newsletters, and other ideas for schools. [http://www.sunsmart.com.au/protecting\\_others/childcare\\_and\\_schools/at\\_school](http://www.sunsmart.com.au/protecting_others/childcare_and_schools/at_school).
- **Cancer Research UK – SunSmart Schools Resources.** Free downloadable teaching resources including teacher notes, activity plans, worksheets, SunSmart school policy guidelines, and a two-minute Sunburn animation suitable for late primary and early secondary students. <http://www.sunsmart.org.uk/schools/schoolsresources/index.htm>.
- **Care in the Sun – Schools.** Northern Ireland's (U.K.) regional sun protection and skin cancer prevention information site. Free downloadable teaching resources, worksheets,

*Percy Piggleet Care in Sun* story book, posters and interactive online educational activities. [http://www.careinthesun.org/index.php?option=com\\_content&task=view&id=36&Itemid=53](http://www.careinthesun.org/index.php?option=com_content&task=view&id=36&Itemid=53).

- **Falon's Quest – Sun Safety Adventure Game.** A fun and engaging way to teach primary school aged children about sun safety, developed by Queensland Health in collaboration with the Department of Education and Training and the Cancer Council Queensland, Australia. <http://www.health.qld.gov.au/sunsafety/game.asp>.
- **Maryland Skin Cancer Prevention Program (U.S.) – SunGuard Man Online.** Online interactive educational games and activities, including a fun and informative interactive online cartoon series – *The Adventure of Sun Guard Man*. <http://www.sunguardman.org/index.php>.
- **Norris Cotton Cancer Centre – The SunSafe Programs.** SunSafe offers program materials appropriate for two age groups. SunSafe in the Early Years is for children aged 2-9. SunSafe in the Middle School Years is aimed at teens. Both programs offer teachers, principals, coaches, lifeguards, clinicians, and parents fun and educational ways to learn about UV radiation and reduce the risk of skin cancer. You can download the free materials in PDF format from the website: <http://www.cancer.dartmouth.edu/melanoma/sunSAFE.shtml>.
- **Sunny Days Healthy Ways (SDHW).** A sun safety curriculum that uses a comprehensive, cross-curricular approach to teaching skin cancer prevention skills to children in grades K through 8. The U.S. Centers for Disease Control and Prevention and the American Cancer Society acknowledge SDHW as a national resource for complying with their recommendations for how schools can help prevent skin cancer. In addition, national, state and district standards in math, language arts, social studies, health and science can all be addressed while teaching sun safety in the classroom. <http://www.sdhw.info/>.
- **SunWise.** A U.S. program which offers free SunWise Toolkit and other educational materials. The toolkit can be viewed at <http://www.epa.gov/sunwise/doc/toolkit/index.html> with user name: toolkit and password: foryou. Supplemental materials and other resources available at [http://www.epa.gov/sunwise/educator\\_resources.html](http://www.epa.gov/sunwise/educator_resources.html).
- **The Sun Safety Alliance Inc. – Block the Sun, Not the Fun.** Created especially for K-4th graders, *Block the Sun, Not the Fun* is a Sunlight and Science Literacy Program from The Sun Safety Alliance and Coppertone® Suncare Products that teaches sun-safety awareness and the dangers of skin cancer. It comes complete with: lesson plans and student worksheets, reproducible family pages, I'm Sun-Certified diploma and more. Free download at <http://www.sunsafetyalliance.org/program.html>.
- **World Health Organization – Ultraviolet Radiation.** Guides and teaching resources on sun protection in schools including *Sun protection: an essential element of a health promoting school* and *Sun protection in schools: An educational package to protect children from ultraviolet radiation*. Free download at <http://www.who.int/uv/publications/en/>.

Public Health Nurses are available for consultation and support on issues related to sun safety. For more information, please call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca](http://www.york.ca).

