

Health Resources for Schools

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. 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 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.

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.



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.youtube.com/watch?v=Zc2wE5dVx3Y>
- **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/>.
- **Plant trees, build shade: for your health and the environment!** 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/sqg.html.

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.
- **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 Pigglet 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.
- **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 using 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/>.
- **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.

