Create a Poster:

SunWise with SHADE® 2009 Annual Poster Contest Information

Children in Kindergarten through 8th grade are eligible to enter the SunWise with SHADE® 2009 Annual Poster Contest for a great prize! Entries are categorized by grade level.

Submitted posters must meet the following criteria (or risk disqualification):

- Paper size must be **8 ½ x 11 inches**
- Submission must be an original, *hand drawn* design
- Posters must include at least five SunWise action steps for sun safety (*see page 3*)
- Attach the official entry form to the back of each poster submitted
- Entries must be received no later than **March 16, 2009**

Posters will be judged based on:

- Ability to SHOW at least five of the SunWise action steps (as opposed to using just words)
- Creativity
- Originality
- Quality of artwork

State prizes include:

- A UV color changing bracelet for each student in participating classrooms
- $50 check to each grade level winner
- $100 bookstore gift certificate
- A SHARPIE® products prize pack for the teacher of the overall state winner
- A Sun UV Station for the school of the overall state winner to collect real-time UV data
- A box of 3,000 UV color changing beads for the teacher of the overall state winner

Prizes are subject to change.

National prizes:

- A trip for four to Disney World for the national contest winner
- A WeatherBug Tracking Station for the winner's school, with lifetime access to WeatherBug Achieve. The WeatherBug Tracking Station is a scientific-grade weather station built to withstand all kinds of weather and records 27 different weather measurements in real time. WeatherBug Achieve is a web-based, award-winning curriculum that integrates Tracking Station data for an interactive, collaborative and fun classroom experience.

Certain restrictions apply. Please see the Web site for more details.

For more information, please visit:
New York State Department of Health web site at: www.nyhealth.gov/diseases/cancer/skin/
Or
SHADE Foundation web site at: http://www.shadefoundation.org/posters.php.

The U.S. Environmental Protection Agency(EPA) and the New York State Department of Health will take no part in the selection of prize winners or the procuring of prizes, nor do they endorse any of the sponsors.

The entrant understands that the EPA, NYSDOH, and/or the SHADE Foundation intend to reproduce winning posters on the Web and in future promotional materials such as the 2009 Poster Contest Guide. By submitting a poster, the entrant gives a perpetual, royalty free license to U.S. EPA, NYSDOH, and the SHADE Foundation to copy, distribute, make derivative works and publicly display the submitted poster.

2009 SunWise with SHADE Annual Poster Contest

How to Submit a Poster:

Teachers:

1. Please complete the Teacher, Principal and School Information sections of the form. You can then make copies of the form and distribute it to your students.
2. Review entry forms to ensure complete student information is provided and legible.
3. Attach form to the back of each **8½ x 11** poster.
4. DO NOT write any identifying information on the front of the poster.
5. All entries must be ***received*** no later than **March 16, 2009**.
6. Mail poster entries with completed form attached to the back of each poster to:

Roxanne Brady
Attn: Poster Contest
150 Broadway
Riverview Center, Suite 350
Menands, NY 12204

Sponsored by:

UNITED STATES ENVIRONMENTAL PROTECTION AGENCY

DOH STATE OF NEW YORK DEPARTMENT OF HEALTH

SHADE® FOUNDATION OF AMERICA

Poster Contest Entry Form

(PLEASE PRINT OR TYPE)

Teacher Information:

First Name _____ Last Name _____

Email Address _____

Did your students participate in the *2008 SunWise with SHADE Annual Poster Contest*? ☐ Yes ☐ No

Principal Information:

First Name _____ Last Name _____

School Information:

School District Name _____

School Name _____

School Address _____

City _____ State **NY** Zip _____

School Phone Number (____) _____ School Fax Number (____) _____

Student Information:

First Name _____ Last Name _____

Age: _____ Grade (Select One): ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8

Gender (Select One): ☐ Boy ☐ Girl

The Importance of Being SunWise

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation in sunlight can result in a painful sunburn. It can also lead to more serious health effects like skin cancer, cataracts, and immune suppression. Children particularly need sun protection education since unprotected exposure to the sun during youth puts them at an increased lifetime risk for skin cancer.

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States, with more than one million cases reported in 2005. By following a number of simple steps, you can still enjoy your time in the sun while protecting yourself from overexposure.

SunWise Action Steps:

- **Do Not Burn**
- **Avoid Sun Tanning and Tanning Beds**
- **Generously Apply Sunscreen SPF 15+**
- **Wear Protective Clothing Such as a Hat, Sunglasses and Full-Length Clothing**
- **Seek Shade**
- **Use Extra Caution Near Water, Snow and Sand**
- **Watch for the UV Index - a forecast of UV intensity**
- **Get Vitamin D Safely Through a Diet that Includes Fortified Foods and Vitamin Supplements—Don't Seek The Sun**

Health Effects of Sun Overexposure:

Since the appearance of an "ozone hole" over the Antarctic in the early 1980s, Americans have become aware of the health threats posed by ozone depletion, which decreases the earth's natural protection from the sun's harmful UV rays. Understanding these risks and taking a few sensible precautions will help you enjoy the sun while lowering your chances of sun-related health problems later in life. Some health problems associated with sun overexposure include:

- **Melanoma Skin Cancer**
- **Nonmelanoma Skin Cancer**
- **Premature Aging and Wrinkling of the Skin**
- **Cataracts and Other Eye Damage**
- **Immune Suppression**

For more information on the UV Index and the Ozone Layer please visit our web page at *www.shadefoundation.org*.

UV Index

Exposure Category	UVI Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very high	8 to 10
Extreme	11+

The UV Index was developed by: