

SunWise with SHADE® 2010 Poster Contest



SunWise 
a program that **radiates** good ideas
A Partnership Program of the U.S. Environmental Protection Agency
www.epa.gov/sunwise

SPONSORED IN NEW YORK BY



www.nyhealth.gov/diseases/cancer/skin/





www.shadefoundation.org

Dear Teacher,

You are cordially invited to participate in the 2010 SunWise with SHADE Poster Contest. We are pleased to announce that we will again be partnering with the U.S. Environmental Protection Agency's SunWise program to provide you with additional educational resources which are included in this guide. By participating in this contest, your students join the more than 80,000 students who have submitted posters over the past six years. Plus, 4th-8th grade state winners will receive a digital camera, prizes for their school, and be entered into a national contest for a family trip to Disney World. The winning school in the national contest will receive a WeatherBug tracking station. The top five K-3rd grade entries will also receive prizes.

Being sun-safe is important because half of all cancers in the United States are skin cancers, and one in five Americans will develop this disease during their lifetime. By following the SunWise action steps, we can teach children to protect themselves from ultraviolet radiation at a young age, decreasing their chances of developing skin cancer later in life.

The activities included in this guide will help you teach your students some basic information about sun safety. Feel free to modify these activities to best suit your classroom. If you like the sample activities and want to get a FREE SunWise Tool Kit, containing over 50 cross-curricular activities for grades K-8, please sign up to receive a kit at www.epa.gov/sunwise/becoming.html.

Finally, don't forget to remind your students to include at least five of the SunWise action steps listed on page 5 in their poster and to attach the official entry form. To see winning posters from previous contests, and to learn more about the poster contest, please visit our Web site at www.shadefoundation.org/programs/poster-contest.

Good luck and don't forget to Limit the Sun, Not the Fun!

Shonda Schilling
Founder
SHADE Foundation of America

Sue Gorham
Executive Director
SHADE Foundation of America

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THE IMPORTANCE OF BEING SUN-SAFE

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 diagnosed annually. By following a number of simple steps, you can still enjoy your time in the sun while protecting yourself from overexposure.

Sun-Safety Action Steps:

- **COVER UP** by wearing protective clothing such as long-sleeves and pants while in the sun.
- **WEAR A HAT** with a wide brim to protect your face, ears and the back of your neck. Baseball caps are not encouraged because they do not provide adequate sun protection.
- **APPLY SUNSCREEN GENEROUSLY** with the number (SPF) 15 or higher on parts of your body not covered by clothes when playing. Reapply frequently, especially after swimming and sweating.
- **WEAR SUNGLASSES** to protect your eyes.
- **SEEK SHADE** especially when the sun's rays are the strongest.
- **LIMIT TIME IN THE SUN** when its rays are strongest (between 10 a.m. - 4 p.m.) and avoid sun tanning. Vitamin D can be obtained safely through eating fortified foods and vitamin supplements.

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:



Create a Poster: SunWise with SHADE® 2010 Annual Poster Contest Information

Children in Kindergarten through 8th grade are eligible to enter the SunWise with SHADE® 2010 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 (all other sizes will be automatically disqualified)**
- ▶ Submission must be an original, *hand drawn* design on 8 ½ x 11 paper
- ▶ Posters must include at least **five** Sun-Safety Action Steps (*see page 5*)
- ▶ Attach the official entry form to the back of each poster submitted (*see page 7*)
- ▶ Entries must be received to NYSDOH no later than **March 12, 2010**

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

New York State Prizes include:

- ▶ A UV color changing bracelet for each student in participating classrooms
- ▶ \$50 check to each grade level winner

Prizes are subject to change.

National Prizes:

Kindergarten through 3rd grade:

- ▶ Crayola Digital Camera Scrapbooking Kit for top five entries

Fourth through 8th grade:

- ▶ A family trip 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. Prizes are subject to change.

New York State Winner:

- ▶ \$100 bookstore gift certificate
- ▶ A classroom supplies 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
- ▶ UV color changing beads for the teacher of the overall state winner
- ▶ Special prize for the NY school with the highest participation

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 (NYSDOH) 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 2011 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.

How to Submit a Poster:

Teachers:

1. Please complete the Teacher, Principal and School Information sections of the form below.
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 this form to the back of each 8½ x 11 poster (all other sizes will be automatically disqualified).
4. DO NOT write any identifying information on the front of the poster.
5. All entries must be **received** no later than **March 12, 2010**.
6. Mail poster entries with completed form attached to the back of each poster to:

Roxanne Brady
Attn: Poster Contest
 150 Broadway
 Riverview Center, Room 350
 Albany, NY 12204



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 STATE OF NEW YORK
 DEPARTMENT OF HEALTH
www.nyhealth.gov/diseases/cancer/skin/



Poster Contest Entry Form

(PLEASE PRINT OR TYPE.)

Attach this form to back of each student's 8.5 x 11 poster.

Teacher Information:

First Name _____ Last Name _____

Email Address _____

Did your students participate in the 2009 SunWise with SHADE Annual Poster Contest? Yes No

Principal Information:

First Name _____ Last Name _____

Email Address _____

Did your school participate in the 2009 SunWise with SHADE Annual Poster Contest? Yes No

School Information:

School District Name: _____

School Name: _____

School Address: _____

City: _____ State: **NY** ZIP _____

School Phone Number: () _____ School Fax Number: () _____

Student Information:

Full Name: _____ Gender (select one): Boy Girl

Age: _____ Grade (select one): K 1 2 3 4 5 6 7 8

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ACTIVITY: Speedy Sun Relay Race (Grades K-2)

Estimated Time

30 minutes

Supplies

One set of the following sun-safe and non-sun-safe clothes and items for each team:

- ▶ Long-sleeved shirt (preferably with collar)
- ▶ Long pants (optional)
- ▶ Hats (wide-brimmed, cowboy)
- ▶ Sunglasses
- ▶ Empty bottles of sunscreen, some with SPF of 15 and higher, some with lower SPFs.
- ▶ Shoes (optional)
- ▶ Various other articles of clothing that are not sun-safe, like tank tops, t-shirts, shorts, baseball caps, visors, etc.



Note: Make sure that the clothes are large enough for each student to put on and take off easily.

Learning Objective

This activity will challenge students to think quickly about sun-safe behavior by selecting correct sun-safe clothes when presented with several options. Assess whether the students learned how these clothes will help protect them from the sun's harmful UV rays by asking them the following questions.

- ▶ What are three items that the model is wearing that you would pick to protect yourself? Explain why you chose these three items.
- ▶ How many of you dress like the model when you play outside? Why do you think dressing like this is safer for you?
- ▶ Explain why you would take these actions.

Directions

Organize the class into teams of five or more and line them up at the start of the racecourse. Place the pile of clothes at the other end of the racecourse. Have each team select one student to be the sun-safe model. This student will stay at the starting point of the race, donning sun-safe clothes. The other team members should each take turns running to the pile of clothes, selecting one item, and bringing it back to the model. The first team to have a completely sun-safe model is the winner. The sun-safe models should be wearing a protective hat, long-sleeved shirt, and sunglasses, and be carrying a bottle of sunscreen with SPF of 15 or higher. Incorrectly dressed models must decide what they are missing, and the other team members must continue bringing back items until the model is sun-safe.

*This activity is reprinted from the U.S. EPA's SunWise Tool Kit.
To register to receive a free tool kit, visit the SHADE Foundation Web site.*

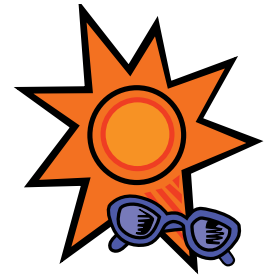
ACTIVITY: Measure Your Shadow (Grades 3-5)

Estimated Time

At least three 15-minute intervals during one day.

Supplies

- ▶ Chalk (a different color for each trip outside)
- ▶ Yardstick/meter stick



Learning Objective

The objective of this activity is to demonstrate to students what causes a shadow, how shadows change from morning to evening, and how they can tell by the length of their shadows what times of day they should seek protection from the sun's harmful UV rays.

Directions

Instruct the students to make a chart on a piece of paper to record the time they traced the shadows and the size of the shadows. Also, each student should record his/her own height for comparison. The chart will need two columns and three rows. The top of the chart should be labeled "time" and "measurement." The side of the chart should be labeled "first shadow," "second shadow," and "third shadow."

Take the students outside three times during the day (once around noon). Have students choose a partner. Instruct the students to trace their partner's shadow using a piece of chalk on the cement surface of the schoolyard. They should begin tracing the shadow from the feet. They should write their names inside their shadows. Students should use the yardstick to measure the length of the shadows each time they trace them. Students should record the measurement and time in their charts.

When everyone goes back outside later in the day, have each student stand on the feet of their own shadow and retrace their new shadow on top of the original. Again, they should record the measurement and time in their charts.

Questions and Answers

1 What makes your shadow?

The rays of the sun shining on one side of your body generate a shadow that is projected away from your body.

2 Do you always have a measurable shadow?

Yes. When the sun is overhead at noon, the projection of the shadow is much shorter than it is during the rest of the day.

3 Is your shadow always the same size?

No. Your shadow is long in the early morning and late afternoon and short during midday.

4 How much time passed between your first and last shadow?

Students should count the hours and minutes on a watch or clock to find the number.

5 What is the difference between your measurements?

Students should subtract to find the answer.

6 What is the shadow rule?

"Short shadow, seek shade."

This activity is reprinted from the U.S. EPA's SunWise Tool Kit.
To register to receive a free tool kit, visit the SHADE Foundation Web site.

ACTIVITY: SunWise Surveyor (Grades 6-8)

Estimated Time

One to two class periods

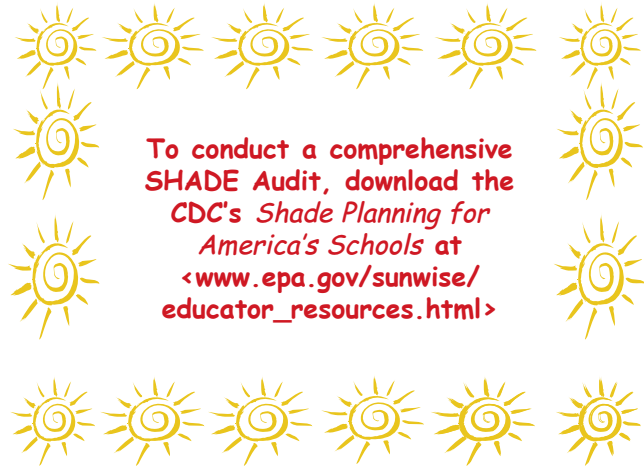
Supplies

Clipboards (optional)

Measuring tapes, yardsticks or metersticks

Learning Objective

This activity will raise student awareness of daytime exposure to the sun. Students will focus on the amount of shade provided for their outdoor hours at school, and the importance of providing sun-safe areas on the property. Assess student comprehension by asking students to design a more sun-safe playground (see the “You Are the Architect” activity found in the complete kit).



To conduct a comprehensive SHADE Audit, download the CDC's Shade Planning for America's Schools at www.epa.gov/sunwise/educator_resources.html

Directions

- Tell your students that they are surveyors who have been assigned to determine the current availability of shade on your school's property in order to help school administrators decide if the grounds are sun-safe.
- Have the class take a survey of the grounds during a period of time when students are present, such as recess or lunchtime.
- Have the students begin by drawing a scaled map of the school grounds, observing and marking on the map the most popular places where students congregate and play. These Play Areas can include sports fields, jungle gyms, blacktops, eating areas, and any other places where kids hang out.
- Now have students survey and mark the parts of the Play Areas that are covered in shade.
- Have the students measure the dimensions of the Play Areas, record their results, and measure the shade-covered portions of these areas. For circular-shaped areas, such as under a tree, students will measure the diameters and calculate the areas of the shady spot, and write down these results as well.

Questions and Answers

- 1 What is the total area of the Play Areas on your school's grounds? *Answers will vary. Students will determine this figure using algebraic formulae to calculate the area of each Play Area, then adding the sums together. $A=l \cdot w$*
- 2 What is the total area of the portions of those Play Areas covered by shade? *Answers will vary. Students will determine this figure using algebraic formulae to calculate the area of each shade-covered area, then add the sums together.*
- 3 What percentage of the Play Area on your school's grounds is sun-safe? *This answer will be determined by dividing the total area of shady spots by the total area of the Play Areas.*

This activity was adapted from the California Department of Health Services School Shade Protocol, Cancer Prevention and Nutrition Section and is reprinted from U.S. EPA's SunWise Tool Kit. To register to receive a FREE tool kit, visit the SHADE Foundation Web site.

Use these additional ideas for more fun in the sun!

Ideas for Your Classroom and School

Students may decide to engage in activities in their individual classrooms or school-wide to promote sun safety awareness. Here are a few ideas to help get started:

- Classroom may adopt one strategy to protect students from sun (e.g. Sun Safety Day where everyone wears a hat, applies sunscreen before going outside, identifies the daily UV Index, etc.)
- Plant trees (e.g. start a commemorative program where donations can lead to planting trees on your school grounds, raise funds to purchase shade trees, etc.)
- Hold a sun safety awareness celebration during National Skin Cancer Prevention month in May
- Create a sun protection bulletin board to display sun safety action steps and related environmental features like the UV Index
- Coordinate a fundraiser to raise money to buy the school a shade structure for the playground area
- Organize a shade team to conduct a shade audit of the school grounds and brainstorm ideas of how to increase the amount of shade
- Coordinate with the school nurse and PTO to organize a school health fair and display information for different health topics, including skin cancer prevention
- Have your students serve as peer educators and teach younger children about sun safety

Use your SunWise® Tool Kit:

Make learning about the importance of sun safety fun! If you don't already have one, order your free kit today at www.epa.gov/sunwise/becoming.html.

Follow Up:

Use the following resources to get facts, tips and other important information on sun exposure and its effects.

www.shadefoundation.org

www.epa.gov/sunwise/

www.cancer.org

www.cdc.gov/cancer/nscpep/



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