

NEWSLETTER

*Whole School. Whole Community.
Whole Child.*
#07 | August | 2021



August is **SUN SAFETY MONTH**. While summer draws to a close, it is important to not let your guard down to the sun! Use these tips to stay safe while in the sun and to prevent skin cancer from developing before it happens.

Sun Safety Quiz

Test your knowledge on sun safety with this short quiz! Answers can be found [here](#)

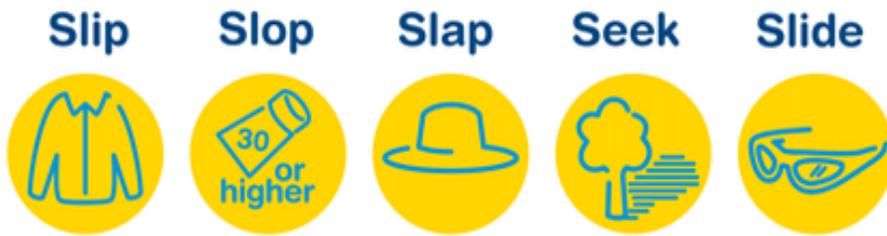
1. **True or False:** I can't get skin cancer, because my normal routine doesn't include a lot of time outdoors.
2. **True or False:** I should use sunscreen at football games, even though I only go (and get burned) once or twice a year.
3. **True or False:** If I'm wearing sunscreen, I can stay in the sun as long as I want.
4. **True or False:** A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.
5. **True or False:** It's safe to let my children stay in the pool all day if they slip on a T-shirt after a couple of hours and reapply sunscreen to their face, arms, and legs.
6. How often do I need to reapply water-resistant sunscreen? (A) Every 2 hours or sooner (B) After sweating/swimming (C) After I towel dry (D) All of the above
7. **True or False:** Getting a "base tan" at an indoor tanning salon is a good way to prevent sunburn when I go to the beach later this summer
8. What are the most common sunscreen mistakes? (A) Choosing SPF under 30 (B) Using too little (C) Waiting too long to reapply (D) All of the above
9. You applied sunscreen at noon for an afternoon by the pool. At 2 PM which of the following actions would best protect your skin? (A) Slip on loose cotton clothing (B) Move to the shade (C) Reapply sunscreen

What is SPF?

SPF stands for **Sun Protective Factor**. The SPF number indicates how long the sun's UVB rays would take to redden your skin. If you use SPF 50, it will take 50 times longer for your skin to burn compared to no sunscreen use.



Prevent Melanoma



There are many things you can do to prevent skin cancer! First and foremost, action must be taken in the moment. A fun way to remember what to do when you are in the sun is pictured

above: **slip** on some loose fitting cotton clothing, **slop** on sunscreen that is at least SPF 30, **slap** on a wide brim hat to cover your face and ears, **seek** shade whenever possible, and **slide** on some sunglasses to protect your eyes from the sun!

After a summer of long beach days it is critical to check both yours and your children's skin for signs of melanoma. You should look for a new or changing growth on the skin, a sore that bleeds/ doesn't heal for several weeks, a rough or scaly red patch, a wart-like growth, a mole that is new or changing in size/ shape/color, or a mole with an odd shape and irregular borders. Click this image to read more from the American Cancer Society on preventing Melanoma.



Cooking Corner

There are a plethora of vitamins and minerals in our foods that help to keep our skin hydrated and glowing while also preventing skin cancer. When cooking for skin health, choose some of these ingredients:

- Avocado– high in healthy fatty acids, avocados can help maintain moisture and prevent skin from dehydrating. Avocados also are high in Vitamin E which provides protection from sun-damaging UV light. Try this recipe for [Coconut and Avocado Popsicles](#).
- Tomatoes– an excellent source of the antioxidant lycopene which is believed to have skin protective benefits and can potentially reduce the risk of sun damage. Try this recipe for [Tomato, Lentil, & Labne Salad](#).
- Kiwifruit– contains more vitamin C than oranges which acts as a powerful antioxidant defending against skin breakdown and protecting skin from UV light. Try them in this [Kiwi & Quinoa Salad](#) recipe.

As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Michaela](#), for assistance. We would love to hear from you!

