



Checklist for Principals - Sun Smart Schools

We hope this toolkit of resources will be helpful as your school implements Nevada Senate Bill 159, the sun safety bill, which took effect July 1, 2019. SB 159 requires all schools to implement sun safe practices, including allowing students to wear protective clothing and hats when outdoors, and to allow students to use and self-administer sunscreen, which is not to be considered an over-the-counter medication.

<https://www.leg.state.nv.us/App/NELIS/REL/80th2019/Bill/6218/Text>

Below are links to evidence-based and easy-to-implement sun safety education. The lessons are easy to access and free to download. Incorporating education about why sun safety is important will help your students develop Sun Smart habits and may help prevent them from developing skin cancer later in life. Research shows that blistering sunburns in childhood and youth can more than double the risk of developing melanoma, the deadliest type of skin cancer.

1. Announce Sun Smart Schools to staff and share curriculum links:
 - Curriculum
 - Pre K – K/1: <https://sunbeatables.org/>
 - K – 8: <https://www.neefusa.org/sunwise>
 - 2 – 5: <http://www.scholastic.com/sunsafety/>
 - K – 12: [SunAware for Life](#)
 - 6 – 12: <http://www.skincancer.org/prevention/education-program>
 - 6 – 12: <http://melanomaeducation.net/index.php>
2. Designate at least one Sun Smart Champion – Teachers(s)/Nurse/Health Aide to inform about and encourage school-wide sun safe behavior.
 - Click here to for the 5 S's of Sun Safety: <http://nevadacancercoalition.org/sun-smart-nevada> and scroll down to *Prevention Tips*
3. Would you like for your school to make sunscreen readily available for student and staff use? Nevada Cancer Coalition may be able to provide automatic, hands-free sunscreen dispensers at no cost, and may also be able to provide a supply of sunscreen for the first year at no cost to your school. Contact Christine@NevadaCancerCoalition.org for details.
4. Post UV Safety and The Truth About Tanning posters in staff lounge, in multi-purpose room and near entry/exit doors are other good locations that help build awareness. Contact Christine@NevadaCancerCoalition.org to require these resources.



Inform Your Students

1. Announce that your school is a Sun Smart School. This means you'll:
 - Be teaching students about sun safety, why it's important, and how they can be Sun Smart
 - Inform students they should bring or use school-supplied sunscreen, and remind them to:
 - Use sunscreen before going out for PE, recess, after-school sports activities, and before field trips
 - Ask teachers/nurses to demonstrate or show video of how to apply (see link below)
 - Make sun safety a standard school practice
 - Weekly overhead announcements about UV Index, 5 S's reminders, sunscreen use
 - [Click here](#) to download suggested school announcements
2. Increase access to sunscreen and shade
 - Enlist PTO/PTA to raise funds to purchase shade trees or shade
3. Implement Sun Smart School curriculum in *at least one* curriculum area where most students will receive instruction – Health, Science, P.E., etc.
4. Contact Christine@NevadaCancerCoalition.org or call 775-451-1670 x103 with questions and to schedule guest speakers or a Sun Smart Assembly

Other helpful links:

How to Apply Sunscreen:

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent/how-to-apply-sunscreen>

BrightGuard website. This is the company NCC partners with to provide sunscreen and dispensers. View other products and sunscreen ingredients:

<https://brightguard.com/sunscreen>