



## Sun Safety Morning Overhead Announcements

1. Our school is becoming a Sun Smart School. That means we all are working to protect our skin from too much ultra-violet radiation from the sun. It's UV rays that cause sunburns, and sunburns not only hurt, they can make us sick and even cause cancer. There now are bright yellow automatic sunscreen dispensers near the entry/exits doors [\[and in the boys' and girls' locker rooms\]](#). Apply sunscreen on your face, arms, and legs before going outside.
2. Do you know the 5 S's of sun safety? Here they are:
  - SLIP** into long-sleeved shirts and long pants to protect from sunburns.
  - SLOP** on some sunscreen.....be sure to put it on your face, arms, and legs before you go out into the sun. Our school has automatic yellow sunscreen dispensers near our doors that go outside to recess and PE. We want everyone to use sunscreen before going outdoors, but please use it appropriately and respectfully and do not waste it.
  - SLAP** on a wide-brimmed hat to protect your face, ears, and neck from sunburns.
  - SEEK** shade underneath trees or by the sides of buildings to stay out of direct sun.
  - SLIDE** on some sunglasses to protect your eyes from sunburn.
3. The sun's ultraviolet rays are there even on cloudy days, so it's important to protect your skin even when the sun isn't shining brightly. Wear a long-sleeved shirt or jacket, put on a wide-brimmed hat to protect your face, ears and neck [\[does your school allow hats and sunglasses on the playgrounds/fields?\]](#), and wear sunglasses to protect your eyes.



4. Did you know that skin damage and most forms of skin cancer begin with too much sun exposure during childhood years? Our school now has bright yellow sunscreen dispensers near [insert specific places, hallways, doors] so that all of us – students and staff alike – can use sunscreen to help protect against overexposure to the sun. Simply put your hand into the sensing space for 2-3 seconds to get a squirt of sunscreen. Be sure to apply the sunscreen on your face, arms, and legs before you go outdoors.
  
5. Did you know that a sun tan is sun damage to your skin? If you practice the 5 S's of sun safety, you can significantly reduce your risk of sun damage and skin cancer when you get older.
  
6. Let's be Sun Smart all year long! Ultraviolet rays are almost as strong in the winter as they are in the summer so don't forget to wear sunscreen during the winter, and especially on your face. You should also wear a hat and sunglasses, especially if you go skiing or are outside playing in the snow.

*Our thanks to Jen Tyndall, Chief Nurse with Douglas County School District, for helping develop many of these announcements!*