

SunSense

Dear Parent or Guardian,

Your child participated in an educational session about protection from the sun today. No one is completely safe in the sun and too much sun exposure can cause skin damage which could result in skin cancer. The SunSense program was developed for school children by the Canadian Cancer Society.

As part of the program, students were taught the dangers of ultraviolet exposure from the sun or tanning beds, the basic signs of skin cancer, and how to protect themselves using "SEEK! SLIP! SLAP! SLOP! SLIDE!" SEEK shade or create your own, SLIP on protective clothing, SLAP on a wide brimmed hat, SLOP on sunscreen, SLIDE on sunglasses. If possible, talk to your child about what he or she learned today and reinforce the lesson by ensuring that your children adhere to sun protection recommendations. Don't forget to protect yourself from the sun too.

The class received a bracelet consisting of UV beads which change colour when exposed to ultraviolet rays. This will further reinforce what your child has learned about sun protection. For further information, please contact the Canadian Cancer Society Ontario at 1-888-939-3333 or visit their website at www.cancer.ca.

Sincerely,

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