



Paradise Valley United Methodist Church Preschool

4455 East Lincoln Drive • Paradise Valley, Arizona 85253 • (602) 840-8265



Dear PVUMC Preschool Parent/Caregiver:

In our ongoing effort to promote a happy and healthy learning environment, we are pleased to announce that PVUMC Preschool is in the process of implementing a Sun Safe Policy aimed at limiting sun exposure and encouraging lifelong positive health habits in our students. We encourage you to join us in this effort by reinforcing sun safe practices with your children.

Skin cancer is the leading cancer in the United States, and it should come as no surprise that we are particularly vulnerable to the ill health effects of sun exposure here in Arizona. Everyone is at risk, regardless of complexion. It is estimated that 80% of total lifetime exposure to the sun occurs before the age of 18. Given the amount of time that children spend in learning and play activities outside the classroom, we will strive to provide them with the support they need to maintain sun safe habits.

Becoming a Sun Safe school is an evolutionary process. Although the program is just getting started, there are ways that you can make a meaningful contribution from the beginning. We hope that you will join us in assisting your children with the following sun safe habits:

- Limit Time in the Midday Sun

The sun's rays are strongest between 10 am and 4 pm. Whenever possible, limit your children's exposure during these peak hours.

- Seek Shade

Staying under cover is one of the best ways to avoid overexposure. Remember the shadow rule: "Watch your shadow. No shadow, seek shade."

- Always Use Sunscreen

Apply a broad spectrum sunscreen with an SPF of at least 15 on all exposed skin (face, ears and back of neck are often missed). Reapply every two hours when working or playing outdoors. Please be sure to apply sunscreen before school each morning as the children do spend a certain amount of time outdoors. Due to standards set by the Arizona Department of Health, teachers and staff are not permitted to apply sunscreen to children.

- Wear a Hat

A hat with a wide brim offers good sun protection to your eyes, ears, face and back of your neck, areas particularly prone to overexposure.

- Cover Up
Wearing tightly-woven, loose-fitting and full-length clothing (weather permitting) is a good way to protect your skin from the sun's UV rays.
- Wear Sunglasses
Sunglasses that block 99 to 100% of UV radiation will greatly reduce sun exposure that can lead to cataracts and other eye damage.
- Watch for the UV Index
The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. Developed by the National Weather Service and the EPA, the UV Index is issued daily.

Skin cancer and other adverse health effects from overexposure are largely preventable – adopting these methods of protection is a major step toward a healthier future for you and your children.

Enclosed with this letter is a copy of PVUMC Preschool's Sun Safe Policy. It typically takes a school approximately two to three years to fully implement such a policy. Because this is an ongoing process, we will continue to update you on further sun guidelines and school activities aimed at raising sun awareness in our students.

If you have any questions about the Sun Safe Policy or would like to provide ideas on how to implement the Policy, please contact the PVUMC Preschool Board or Mindy Sobraske at 602-840-8265. Thank you for your participation in this important new Sun Safe program.

PVUMC Preschool Board

