

### **Radical Rays**

The bold, butter-yellow sun stands proudly in the middle of the sky. There is no way to escape its heat! It's long, hot rays of light cause sweat to cover every inch of your body. The sun is one of Mother Nature's most powerful forces. Some people may think it's awesome to have "fun in the sun", but there can be deadly consequences with too much of the sun's exposure. At my school, Clark Elementary, our teachers care! They want to help us stay protected from this bold, ball of fire! After all, we live in the "Sunshine State"!

Did you know that you might get premature wrinkles, burned skin, and lots of freckles just by being out in the sun too much? But worst of all, deadly skin cancer! Who wants that? Luckily, there are many ways you can prevent this from happening. Kids and adults across America love to swim and play at the pool. There is one thing they should never forget to do first, **APPLY SUNSCREEN!!!!!!!!** Sunscreen should always be at least SPF 15.1 or higher. A bottle of sunscreen is like the shining armor on a Knight. Without it, the Knight would easily be defeated by the enemy (the sun). Another easy way you can defeat the bright beast is to simply wear proper clothing when outside. Remember to wear a hat and/or sunglasses in addition to sunscreen. So, why not take one minute of your day to put your "shields" on? No need to fear, the "sun shields" are here!

I am proud to say that my school educates all of their students and parents about the dangers of our sun. Experts say sun exposure is most dangerous between the hours of 10a.m. and 4p.m. This is smack dab in the middle of our school day when kids are always outside! A wonderful place we could use a lot of shade is over our playground. If I were to win the sun structure for my school, I'm sure it would put a "cheshire cat" smile upon every one of our faces! I am confident my school should win the top prize because of everything we do to help keep everyone safe from too much sun. First of all, our P.E. coaches always remind us to apply sunscreen first thing in the morning, wear a hat and sunglasses, and reapply sunscreen throughout the day. Our Principal, Mrs. Griffin puts reminder notes in our newsletters. I would say our teachers are like mother lions and we, the students, the lion cubs. The lions are constantly reminding us to stay "shielded"!

Don't forget, the sun can seriously cause you permanent damage so the next time you plan to go outside, remember to pack all of your "sun shields"! Keep in mind, the Clark Cougars are counting on YOU!!