

Sunshine Safety

By

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Contemplate having a disease that might affect you so bad you could possibly die. That can happen if you stay out in the sun too long. What is that disease you ask? That disease is called skin cancer! Did you know that 75% of damage to your skin happens before you are twenty? Also more than 90% of skin cancer is due to sunlight. Plus the most common cancer of all is skin cancer. In addition the amount of Americans each year with skin cancer can range from seven hundred thousand to one million. Important to note is that Florida is number two in rating for, melanoma in the country. I remember when my sister came home from the beach and she was as red as a lobster and I couldn't help but giggling. Even though she got burnt super badly I didn't think she was going to get skin cancer.

Ponder having wrinkly saggy skin with irregular moles everywhere. That can happen if you start to stay out in the sun too long. Ewwwww! It would be disgusting if you had all that stuff all over your back! Did you know that being out in the sun too long can cause early skin damage. Also any tanning or burning can cause damage to your skin. In addition UVA rays cause wrinkles and aging. Important to know is that UVB rays cause sunburns. Both UVB and UVA rays damage the skin by causing bumps and darkened freckles that are signs that tell you are in danger of skin cancer. I will never forget the time when I went to the beach for eight hours out in the sun and woke up the next day with a very light scar across my nose and thought I was in danger of skin cancer.

Imagine a school that does a lot of activity but has no shade to cool off in. That is Osceola Elementary! We need that shade structure because we are close to the beach so we're outside more. Also since we're close to the beach and might think there is a cool breeze outside but really there isn't and we happen to stay out longer. Plus the white sand reflects rays from the sun. In addition there are no trees and no shade!! Important to note is that there is no shade so we sweat a lot and the sweating ruins our clothes. Even more important is that when the sun is shining high and when we play on the playground we get burned because of the hot metal equipment. And now you see why Osceola is the most deserving school of all!

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