

“Colossal Sol”

Did you know that staying in blistering hot sun for too long can cause damage to your skin that leads to skin cancer? Usually, this horrible disease is caused by traveling to the beach too many times, and not lathering up enough on sunscreen. This can make your skin to start look and feel like brown crusty leather. Builders or people that stay the humid sun for an extended amount of time have a pretty big chance of ruining their skin and developing skin cancer.

I live smack dab in the middle of Florida, the Sunshine State. People that reside here are constantly exposed to the beaming rays of the “colossal sol”. Being aware of using sun protection should start at an early age. Even as a child, you are still at risk of developing skin cancer. The American Cancer Society recommends kids wear a minimum of 15 SPF. However, many companies provide products with SPFs up to at least 50. Severe sunburns are a one way street to a long illness. Simply said, the sun is like a giant ball of fire cooking our bodies like a Kellogg's Pop Tart.

Most of the time, school playgrounds do not provide enough shady areas to protect the students from the sun and keep them cool. Because sun rays beat down on metal monkey bars, they turn into a fire breathing dragon. Sometimes, after classes have just experienced a joyful day in the sun, they don't notice how pink and sweaty their cheeks are. Occasionally, when I barge back into my classroom, after some fun in the sun, I notice mild sunburn. Sunburns can happen any time of the year. Although you don't feel the sun's effects they are visible when you remove your clothes.

I would love for Oriole Beach Elementary to be awarded a shade structure. The playground at Oriole Beach lacks a shady environment. A dim area would also keep all our students sun safe. This could be a perfect area for a picnic, sharing a book with your class or even telling stories. Maybe you can come join us at our BEACH!