

Why I think Glenallen deserves a sunshade

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Florida is known as a tropical paradise. Beaches, sunshine, blue skies that go on forever what is not to love about being in Florida. News flash..... Skin cancer! Well now that I have your attention. I am a fifth grade student at Glenallen Elementary in North Port Florida. I want to write this essay to let everyone know why having a sunshade on our playground is not just something pretty to look at but it can help kids stay sun smart. You may ask yourself what is sun smart? Well being sun smart means protecting yourself from the sun. Sun exposure is the most preventable risk factor for all skin cancers including melanoma. You can have fun in the sun and decrease your risk of skin cancer by following a couple of simple rules - according to the American Academy of Dermatology. You need to generously apply water resistant sun screen wear

protective clothing and seek shade. (<http://www.aadd.org/public/sun/smart.html>) That last one again was seek shade.... Hello if the doctors are telling us this is important than why aren't there sun shades at all elementary schools. They already measure the amount of exercise we get, the fat grams in school lunches but what about the UVA and UVB rays our little bodies are soaking up! Here at Glenallen students go out at all times of the day. The sun shades would give us a cool shaded area while we are outside. I love playing on the playground but the idea of my skin sizzling in the sun - yikes! Sizzling should be left to the bacon in the frying pan not the elementary student on the playground. My friends and I would have a place to sit and chat without having to get hot and sweaty. The shade will keep us from getting a sunburn.

They will give students a place to sit while they are doing work or talking to the teacher.

The sunshades would give us a healthy, safe place to play, have groups or class activities.

My school is beautiful. We have a very clean campus and cool artwork.

We have cameras, railings, fire drills and other things that keep us safe.

A sun shade is the next key step to helping Glenallen students stay safe by being sun smart. Our principal is always trying to get the students everything they need.

A sun shade is definitely something that we all need. This essay is my chance at helping to get the students of Glenallen Elementary something that would help them to stay safe. I feel that Glenallen Elementary students need to have a playground sunshade to make sure that they have sun smart fun for today and years to come.