



### SAFE AND FUN, IN THE SUN!



Today we learned that everybody needs some exposure to the sun. It is our body's main source of vitamin D, which helps absorb calcium to make our bones strong and healthy.

Most people do not need a lot of sun exposure to get the vitamin D that they need, in fact too much unprotected sun exposure can cause damage to the skin, eyes, and even cause skin cancer.

Your child should wear a sunscreen with a SPF (sun protection factor) of 30 or higher while in the sun. They should also be especially careful from 10 a.m. to 4 p.m. when the sun is the strongest. It is important that sunscreen is reapplied often, especially after getting the skin wet. It may be helpful to wear long sleeves, and a hat to protect the skin from overexposure.



### AT HOME ACTIVITY

Skin cancer often starts on moles, freckles, or birth marks. Your child completed a body 'map' at school of their arms,

hands and neck. Please help your child complete the rest of the body by mapping out all the moles, birthmarks, freckles he or she may have for future reference. Here are some tips to stay protected all year round.

- Look for any changes in moles, freckles, or birth marks.
- Know the ABCDE's of a mole:
  - o A=is it asymmetric or irregular in shape?
  - o B=does it have a border
  - o C=is it a funny color (red, black, mixture of colors)?
  - o D=is it larger in diameter than a pencil eraser?
  - o E=is it evolving? Any change in shape, color, elevation or any new symptom such as bleeding, itching or crusting is a danger sign.
- Wear protective gear, such as hats, long sleeves, sunglasses with UVA and UVB protection.

### BANANA MOUSSE!

This dreamy dessert is low in cholesterol, fat and salt -- and is easy to make.

#### Ingredients

- 2 tablespoons low-fat milk
- 4 teaspoons sugar
- 1 teaspoon vanilla
- 1 medium banana, cut in quarters
- 1 cup plain low-fat yogurt
- 8 slices of banana, 1/4 inch each

#### Directions

1. Place milk, sugar, vanilla and banana in blender.
2. Process for 15 seconds at high speed until smooth.
3. Pour mixture into small bowl and fold in yogurt. Chill.
4. Spoon into four dessert dishes and garnish each with two banana slices just before serving.