

Fun in the Sun with Vita-Man D

Monthly Campaign Bulletin Board:

Theme:

The concept for this bulletin board is to promote healthy and safe fun in the sun, as well as the importance of getting enough vitamin D.

Bulletin Board Example:



Classroom Instructions:

Talk to your class about sun safety, especially when playing outside for extended periods of time. Positive effects of the sun include warmth, light, and vitamin D3 synthesis in the body. Sunlight also enhances people's moods and kills pathogens. Despite these advantages, overexposure to UV radiation (sunlight) can also have harmful health effects, and taking the proper safety precautions is important.

Bulletin Board Instructions:

The word search (see below) is a fun, interactive game for this month's bulletin board.

1. Draw an 8 x 15 grid on a large piece of manila board as your template for the word search.
 2. Copy all the word search letters onto the grid.
 3. Add all the fun facts around the word search.
- You could set up a fun contest with this one: If each student has a mini version of the word search they can fill it out and hand in their completed version for a prize.
 - If interactive bulletin boards are not as effective for your school you could try this method: Ask the kids to draw a picture of how they are going to stay safe in the sun or how they are going to be active outside this summer.

Including Vita-Man D is a great way to get kids interested. Their imaginations tend to run wild when you get a superhero involved so let the creativity flow.

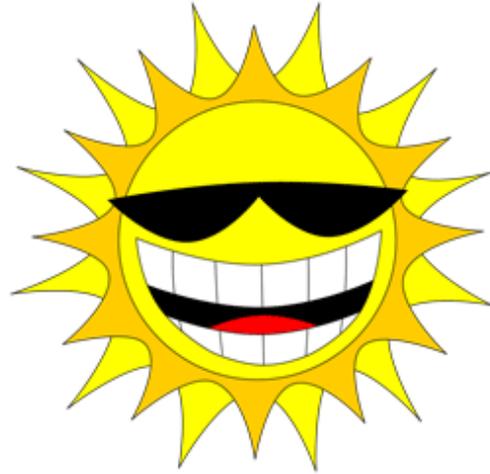
You can also include some vitamin D fun facts like the ones listed below.

Fun in the Sun with Vita-Man D

Can you help Vita-Man D find these summer active words?

SWIMMING
SUNSHINE
VITAMIN
BIKE
WATER
HELMET

PARK
SALMON
SUN
BONES
MILK



N G P K O V E K W L C W U N B
U D S A L M O N L A W O T I O
S E V I S O N A I I T E Q M N
S G N I M M I W S H M E P A E
L K I O H S X P I L S A R T S
Q M F T T F R M E P R N U I X
D Q T Z F T O H E K I B U V M
N W L H V V Z R Z P L N Z S L

Vitamin D Fun Facts:

- Did you know that getting out in the sun can make you feel happier?! Make sure that when you get out and get active in the sun, you are wearing sunscreen! Look for the words UVA and UVB on the bottle –this ensures that you will be protected from the sun’s harmful rays!
- Between April and October, sunlight is the best natural source of Vitamin D! All you need is 10-15 minutes of sunlight on your arms and legs to get all the vitamin D you need for the entire day!
- Your body makes Vitamin D when the sun shines on your skin. That is why Vitamin D is called the “Sunshine Vitamin”!