

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

Fun in the Sun with Vita-Man D

This month, students are learning about vitamin D through a campaign called Fun in the Sun with Vita-Man D. Here is a summary of the learnings.

What is the sunshine vitamin?

Vitamin D is known as the sunshine vitamin because the sun's ultraviolet B (UVB) sun rays make vitamin D in our bodies.

Sunlight on our skin provides a major source of our vitamin D, however, we cannot safely get all the vitamin D this way. One reason can be the time of year – during the winter months (October to March) northern-hemisphere parts of the world, like Alberta, do not receive the UVB rays needed to make vitamin D.¹



Why do we need vitamin D?

A lack of vitamin D can cause rickets in children, and softening of the bones and osteoporosis (fragile bones) in adults. Many parts of the body, including muscles, nerves, skin, glands, and the immune system also benefit from the sun's rays.¹

Fun-D-mental Sun Tips

- The best time to be outside is the early morning or late afternoon.²
- Stay in the shade and out of the hot sun between 11:00 am and 4:00 pm.²
- Use sunscreen lotion or cream that is SPF 15 or more. SPF means Sun Protection Factor.²
- Use a sunscreen that says “broad spectrum” on the label. It will screen out most of the UVA and UVB rays.²
- Wear a hat or sunglasses to protect your eyes from damage.²
- Don't forget about putting sunscreen on your lips, ears, and nose. These parts of your body burn easily.²

Reference

¹ <https://www.albertahealthservices.ca>

² <https://www.canada.ca/en/health-canada/services/healthy-living/sun-safety.html>