The Ultraviolet Index Board

What is it ?

Ultraviolet (UV) radiation is known to cause skin cancer.

The UV Index Board is a great tool students can use to monitor UV levels in your region.

Use it to link to not only the Health & Physical Well-being but also Mathematics and Science.

Students can learn about the risk of UV exposure and the appropriate behaviours they should take for their skin type.

Where can I get one from?

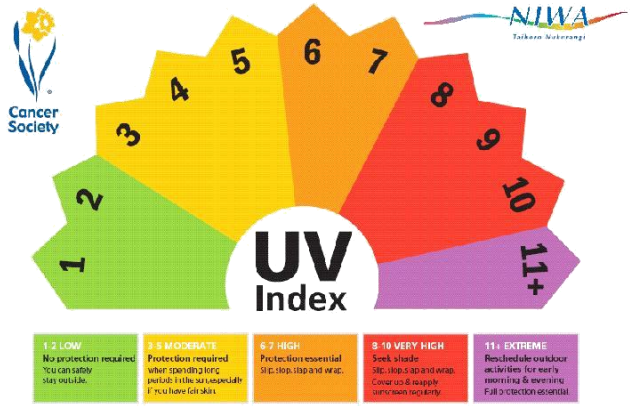
Cancer Society of New Zealand

Refer Divisional Contacts
SunSmart Schools Website
http://www.sunsmartschools.org.nz/contact-us

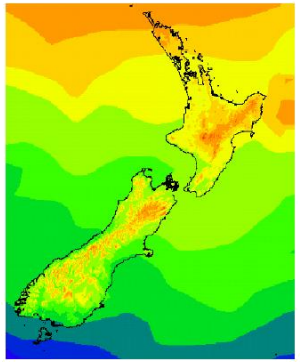
How to use:

It's simple!

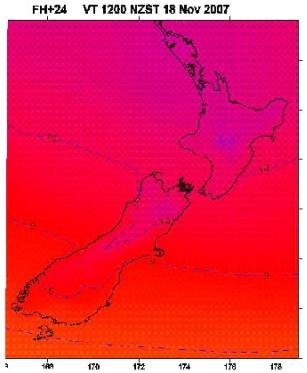
1. Go to http://www.sunsmartschools.org.nz/
2. Click on the link labelled 'Today's UV Index'
3. Click on the closest town/city to your school
4. Information will be displayed that will show:
   - the date today
   - the maximum forecasted UV index for the day
   - the location
5. Change the arrow on your own UV Index board/s accordingly



Tips on how to monitor the UV Index Board



UV Index Map cloudy day



UV Index Map sunny day

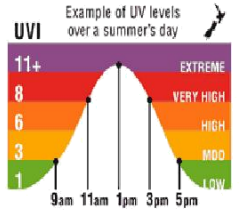
Websites about the UV Index?

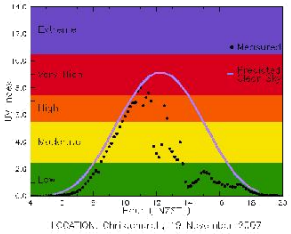
www.sunsmart.org.nz or www.niwa.co.nz/our-services/online-services/uv-and-ozone

On the NIWA link you will find predicted and measured UV levels throughout New Zealand including maps

Some daily newspapers and media outlets also list maximum UV forecasts which are based on clear sky predictions.

Compare clear versus cloudy day forecasts. The NIWA website provides both cloudy and clear sky forecasts. Get students to plot the difference on charts. Compare these to the measured levels.	Monitor the real-time UV in selected sites in NZ.Monitoring the changes in UV throughout a 24 hour period illustrates the variation in levels and highlights to students why protection between 11 and 4 is so vital. Get students to plot the curves.	Update the UV Index Board every morning to display the correct daily maximum UV forecast. Make it a daily student task and rotate throughout the classroom.
Link the UV Index with appropriate behaviours. It is important that students can relate the UV level to the appropriate sun protection behaviours they should be using, and relate it to their skin type.	Seeing the UV index each day, will help students to understand why we need to protect ourselves not just from bright sun but from UV radiation whenever the levels are high, even on cloudy days.	Include the daily UV index in other school activities e.g. at school assembly, in school radio, on PC's, in school newsletters etc.
Think about the best place to display the sign. As many students as possible need to see the sign. It's also useful to place it somewhere that parents and visitors will see it. This will help reinforce what is being taught at school.	Students could think up other visual ways of displaying the UV index level e.g each level could have a different brightness of sun, or pictures of trees, hats etc that could be put up on a board to show what type of protection is needed when the day has a higher level of UV.	Make UV Boards for every classroom. If cost is a barrier, get the students to make their own (file provided by Cancer Society). Get them involved right from the beginning and make it a class task everyday for someone to change the board.
Combine maths and science with SunSmart learning. The NIWA website provides excellent examples of maps, charts and curves which students could plot and analyse.	Update the UV board everyday throughout the school year not just in the summer months – this will help the students to understand the reasons why hats and other SunSmart behaviours are required during Terms 1 and 4. NZ has a low UV index during the rest of the year.	Mapping the UV index for the year according to month is a great idea to get the students to monitor trends and recognise the pattern that the UV index takes. This could be used for further discussion





Seeing the UV index each day throughout the year, regardless of whether it is sunny or cloudy, helps students to understand how UV levels fluctuate and why we need to protect ourselves when the UV radiation is at its peak, especially from September to March inclusive and between the hours of 10 am to 4 pm.