

Summary Report
**Enabling Shady Behaviour...where our children live, learn, work
and play**

Event Date: March 3, 2010
Ashburn Golf Club, Halifax Nova Scotia



By:
Janet Rhymes
Logical Minds Consulting
www.logicalminds.ca

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1. Introduction

Sun Safe Nova Scotia is a coalition of agencies and individuals working together to reduce the number of skin cancer diagnoses and deaths through efforts directed at prevention and early detection. Established in 2005, the coalition is coordinated through Cancer Care Nova Scotia and Chaired by Dr. Laura Finlayson, Head; Dalhousie University Division of Clinical Dermatology and Cutaneous Sciences.

As part of its' mandate, the Sun Safe Nova Scotia coalition organized and hosted a one-day learning and networking event in Halifax on March 3, 2010, *Enabling Shady Behaviour: Where our Children Live, Learn and Play*. A consultant was contracted to assist with design, facilitation and reporting. A graphic recorder was integrated in the session to summarize presentation information and share next step suggestions.

The goal of the event was that, through presentations, resource-sharing and dialogue, participants would build a common understanding of the need and potential for shade in settings frequented by children and their caregivers.

Specific event objectives included the following:

- To provide current, evidence-based information on the relationship between shade, UV exposure and skin cancer prevention
- To share inspiring, practical examples, tools and resources for enabling shade behaviour in Nova Scotia settings
- To identify individual and regional next steps for enhancing shade in Nova Scotia settings frequented by children and their caregivers

An overview of the day is provided below, and a complete agenda is included as Appendix 1.

2. Participation and Overview

A total of sixty-four individuals took part in the event, including speakers and participants. Attendees were from a range of organizations and sectors and different regions of the province. Sectors represented included:

- Childcare (centre staff and directors, learning specialists, district/provincial staff, associations),
- Health (Public Health, Health Promotion, Cancer Care Nova Scotia, Canadian Cancer Society, Community Health Boards and volunteers)
- Community: residents associations, urban farm museum
- Recreation: Recreation Nova Scotia, community recreation staff and managers, park planner
- Education: school staff
- Environment: Environmental science and landscape design

Areas represented included: Cape Breton, Yarmouth, Metro, Annapolis Valley, Guysborough-Antigonish-Strait, Truro-Amherst, the Eastern Shore and the South Shore.

Presentations

A total of ten presentations were provided, as follows:

- *Sun Safety Knowledge, Attitudes and Beliefs of Atlantic Canadians and the Link to Skin Cancer in Nova Scotia*, Dr Laura Finlayson
- *Characteristics of Solar UV Radiation and Shade*, Angus Fergusson, Environment Canada
- *Designing for Shade*, Jill Robertson, Landscape Architect & ISA Certified Arborist
- *Making a Case for Shade: Town of Windsor and HRM Summer Aquatics and Recreation Programs Summer Sun Safety Program Shade Audits*, Emily Gregus
- *The Shade Factor: Evergreen's Approach to Shading Children*, Rhea Dawn Mahar, Evergreen
- *Creating Policy that Supports Shade*, Mickey McDow, Community Recreation Coordinator, Halifax Regional Municipality
- *Shade at the Swimming Pool*, Town of Windsor Aquatics Program, Brettanie Deal-Porter
- *A Tree-Mendous Event*, Berwick Chapter of Girl Guides, Sara Kaddy
- *Shading the Little Ones: Fun, Sun Safe Outdoor Play Spaces in Child Care*, Angie Bryant, Operator, Fox Hollow Child Care Centre
- *Tackling Shade at Coldbrook and District School*, Pat Murphy, Vice Principal, Green School Ground Committee

Participants had an opportunity to discuss presentations and ask questions back to speakers. Question topics included:

- What about Osteoporosis and Vitamin D?
- Should children who have had cancer have extra protection?
- Is there sunblock or sunscreen without chemicals that can still protect the skin?
- Is there a place for childcare programs to borrow UV metres?
- What time of year should we protect children from the sun, based on UV damage?
- What is the depth needed to plant trees?

Networking and Resource-Sharing

Networking was accomplished through presentations and opportunities for facilitated discussions.

Resources were shared through presentations from Evergreen, Tree Canada and Halifax Regional School Board sport animators as well as through speakers and an on-site resource table.

A summary of all presentations and resources was provided to participants on a memory stick.

Small group discussions and identification of action steps

Discussion was enhanced through a reflection process following formal presentations. Participants also identified topics for further discussion. Discussion topics included:

- budgeting for shade
- shade options for childcare centres
- accessing landscape architects
- how to promote shade
- schools, recreation and childcare working together
- sourcing new technologies
- tree succession in urban areas
- school board shade policy
- opportunities for action now

Action steps identified

School board policy discussion

- Work into bigger mandate: align to curriculum
- Start with shade audit to get evidence
- Focus groups with students, parents, teachers and administrators
- Get parents involved
- Connect to occupational health and safety

Accessing landscape architects and designers

- Landscape NS
- Atlantic Landscape Design
- Nursery Landscape Association
- NS Architects Association
- Services include: appropriate plant selection, environmental considerations, maintenance skills and requirements, scaled drawings, educated gardening processes and landscape lighting design

How to promote shade

- Educate youth on the harmful effects of the sun: use a Woods lamp
- and new moms
- Educate new moms on sun safety
- Incorporate shade into other agendas (nature deficits/play in natural areas)
- Increase signage in public areas

Tree succession in urban settings

- Established biodiversity guidelines:

- no more than 10% of any one species
- continuous planting assures age diversity
- plan on mature size
- When planting:
 - Dig hole 5 x diameters of root ball and same depth as root ball
 - Do not prune at planting time
 - Plan for the size of roots= 3x spread of tree canopy
 - Protect roots of existing trees with a 4x6" deep mulch of coarse wood chips. This will prevent compaction
 - Keep lawns away from tree trunks
 - Look up! Avoid power lines!
- Plant right tree in right place:
 - Wet soil: red maple, larch, willow
 - Dry soil: pine and oak

Shade options for childcare

- Living willow structures
- Pea teepees
- Plant pole beans
- Attach to something else to create a roof
- Sunflower houses
- Kids play with fabric

3. Evaluation Results

Twenty-five of the participants completed a post-event evaluation form. A sample Evaluation Form is included as Appendix 2. Evaluation feedback, by question, is outlined below.

1. What is your interest in this topic?

- I am part of a development team that is creating a community from a wilderness lot in our subdivision
- Health, safety and protection
- UVB, ozone depletions, school shade, child sun protection
- Personal: scientific background (genetics, biology) and community involvement (public gardening, greening group, cycle sports, touring)
- As a landscape designer, working with design in private yards with children, shade gardens and play areas are important
- Supporting early childhood educators: programs in good practice
- I work in the childcare area, so want to learn more about sun safety
- Shade and outdoor physical activity
- Shade options for childcare
- Policy development related to healthy child development and long-term health outcomes
- I was happy to learn about sun safety, skin cancer and shade options!

- My own kids and school health issues
- Department of Community Services, Early Childhood Development Consultant, I work directly with childcare programs
- Public health nurse, working in the Sir John A MacDonald family of schools
- I work with childcare centres—great to have this information to share
- How to best provide sun protection in a variety of environments
- Prevention
- As a daycare teacher, this is a very important topic. I am also on the home/school and I will be bringing this information to a meeting to get more shade there.
- Shade is an important component of sun safety
- Health promotion
- Health promotion
- Recreation and sports sector
- Promoting shade agenda to the public/what others are doing to move the agenda forward

2. How useful did you find this event?

Not useful at all (1) = 0
 Mildly useful (2) = 0
 Moderately useful (3) = 1
 Fairly useful (4) = 8
 Highly useful (5) = 15
 Unrated: 1 (n=24)

Average usefulness rating: 4.6/5

Comments

- An excellent source of information on this very important topic (shade)
- Very well done. Lots of discussion and ideas
- Factual info: example, I, hadn't known sunscreen needs 20 minutes to become effective! Ideas: applicable activities (learning, play group).
- I know most of the suggestions for adding shade. I did find the Dr and meteorologist info interesting and other presentations of projects
- Wide variety, storytelling, connections to experts, USB takeaway
- The variety of backgrounds brought forward very diverse conversations
- Great connects and resources! I better knew who to connect with on this topic.
- Greatly useful – nice mix of people and speakers
- Can bring back a number of ideas to my organization

3. How useful it was to have representatives from different sectors take part?

Not useful at all (1) = 0
 Mildly useful (2) = 0
 Moderately useful (3) = 0

Fairly useful (4) = 5
Highly useful (5) = 19
Unrated: 1 (n=24)

Average usefulness rating: 4.8/5

Comments

- Contacts: people I would not otherwise meet or think of contacting
- Important for everyone to take a part in their community
- Enjoyed hearing/seeing what's been done and the daycare that used it's natural setting as the best play area
- Great to hear different perspectives and connect with many community partners
- Very
- Great to hear what others are doing. Very creative and often simple and easily incorporated

4. The three most important things you learned...

- Identifying skin cancer types, shade options
- Funding initiatives, access resources, shade options for childcare
- Heat islands (warmer close to the ground and cools as air rises); reminder of difference between UVA and UVB
- All the good work that is being done in NS
- Adding the direct and indirect UV rays
- Sources to facilitate planting new trees; options to provide non-organic shade resources; various agencies providing design services
- Initiatives (shade-related) gathering momentum; breadth of organizations involved; money is available!
- How much sunscreen to use; UV at 3 or higher you should apply SS (April – Oct); Evergreen and Tree Canada resources
- Many possible community partners out there; Tree Canada.ca resources available; Evergreen's Shade Guideline booklet
- Long-term damage from sun exposure; 80% of time outdoors spent happens by age 18; HRM Rec policy
- Dermatologist presentation; available funding resources; learning about shade
- Different funding sources; dermatologists comments
- Dermatologist presentation—a great review; all of the speakers were useful and excellent—can't pick one over the other
- Available funding resources; innovative shading projects in NS; dermatologist reviews of skin cancer. Great speakers
- Cancer stats; things happening around the province; contacts for funding
- Methods of sun protection; factors which affect level of risk for burn; info on UVA/UVB, difference between
- Too many things to list!
- Adding the direct sun rays and non-direct sun rays together; how to get grants; how many people are there to help

- Shade cover ideas; Evergreen projects; info on skin cancers, high incidence and importance of informing young people
- Natural surroundings play areas are awesome and great strategy for shading; how to strategically grow trees for shading; shading structures as a concept
- Great opportunities; great things are possible through partnership/community resources; shade in combination with other sun safety activities
- Very interested people in the topic from a variety of sectors; information and product resources identified; potential partners

5. Your next steps for enabling shady behaviour could be...

- Providing information about how to address the barriers to implement shade behaviour
- Share ideas!
- Not sure, except to preach selective tree planting on sites I design and where client may not want one and to continue to discourage the removal of trees when client wants to remove
- Planting my tree
- Do more research and identify agencies to facilitate our goals
- Work with community partners (FRC/Community Police) to promote
- Discussions with groups I'm involved with on applicability to our activities/plans
- Look to offering PD workshops to ECE community
- Contacting Evergreen
- Presenting information to my full organization
- Following up on resources and supports
- Talking to my schools
- The ability to share/direct child care programs to very useful resources and contact people
- Encourage schools to have shade on playgrounds
- Contact Rhea (Evergreen) to talk more
- Policies for childcare
- Encouraging childcare sectors to utilize methods of shading environments
- Not to pre-tan before vacation and use lots of sunscreen as per directions
- Adding some fast-growing plants to add shade
- Raise awareness in community re providing shade in playgrounds
- Helping translate it into sun safety agenda
- Passing this information along to others
- Circulate information to key players in my organization. Open discussions on what we can do now to promote shade or promote opportunities in our play spaces

6. What do you need (services, resources and supports) to carry out these next steps?

- Resource options to offer ideas to child care centres
- Public education and also government policy to change development process of new construction sites

- Arborist, park planning (we have an HRM planner), possible sources of additional funding if required
- Time!!!
- Community
- Will be looking to a place to send people to borrow materials like UV metres and other tools like audit info
- Nothing, just find the time
- Resources to compliment curriculum outcomes like the ongoing sun safety in a school community binder
- Community involvement
- Partnership with school, grant \$
- I have been provided an excellent collection of the days contents on the memory stick
- Finances, Evergreen to speak at PSA groups at schools
- Funding, expertise in developing playground shaded areas
- A little of each
- Information (quick facts) on why to shade and how
- At this time, information provided with assist me and now know who to contact when time comes
- ☺

7. Any other feedback?

- Very well organized and helpful workshop!
- Thanks for the invite. Enjoyed overall
- This was a very professional briefing and the graphic arts support was outstanding
- Lively, well hosted, well moderated
- Thanks for putting together a valuable day—that was very well run
- Great facilitation and representation from a wide range of departments
- Thanks very much—this was excellent
- Great day, thanks
- Memory stick-fabulous. Makes it easy to share with colleagues. Very well-organized
- Would have liked more time (notification) prior to the event and then invited more participants. A super day—thank you Judy and the safe sun committee!
- Facility did not provide adequate or timely catering services
- Your pens do not work well. For what you likely paid for the meal, it was not so great.
- Great job. Speaker wonderful, Great to start on time and end on time. Great location. Easy to find. Great food and room.
- Impressed by how well the say stayed “on time, and knowledge of speakers. Thank you. Great day. Food and environment was conducive to a pleasant day as well. Excellent facilitation and art work!!
- Food/beverages were a bit so-so.
- Fantastic location! Great opportunity to network and share ideas.

- Wonderful program. A lot of dedicated and creative people attended. A great resource.

4. Summary of Observations

- Respondents indicated that overall, they found the day highly useful (4.6/5).
- Evaluation results indicate that the three objectives for the day were met.

1. To provide current, evidence-based information on the relationship between shade, UV exposure and skin cancer prevention

Keynote presentations address the relationship between shade, UV and skin cancer. Respondents stated they learned more about skin cancer and UV radiation from these presentations.

I learned...identifying skin cancer types, shade options

I learned...long-term damage from sun exposure; 80% of time outdoors spent happens by age 18

Dermatologist presentation—a great review

Factual info: example, I hadn't known sunscreen needs 20 minutes to become effective!

Reminder of difference between UVA and UVB

At UV at 3 or higher you should apply sunscreen, from April – Oct

2. To share inspiring, practical examples, tools and resources for enabling shade behaviour in Nova Scotia settings

Presenters shared practical examples, tools and resources throughout the day. Respondents indicated they found these presentations and resources shared useful.

Enjoyed hearing/seeing what's been done and the daycare that used its natural setting as the best play area

Ideas: applicable activities (learning, play group).

Great connects and resources!

Enjoyed hearing/seeing what's been done and the daycare that used its natural setting as the best play area

Great to hear what others are doing. Very creative and often simple and easily incorporated

Most important things...
Funding initiatives, access resources

Initiatives (shade-related) gathering momentum; breadth of organizations involved; money is available!

Evergreen and Tree Canada resources

All of the speakers were useful and excellent—can't pick one over the other

3. To identify individual and regional next steps for enhancing shade in Nova Scotia settings frequented by children and their caregivers

Respondents identified a range of action-oriented next steps for action. These included sharing ideas and information with others, planting trees, working with community partners to promote shade, including the topic in professional development opportunities, accessing resources, and moving the issue forward in their respective workplaces/communities (schools, daycares and so on).

Next steps:
Encourage schools to have shade on playgrounds

Share ideas!

Planting my tree

Contacting Evergreen

Look to offering PD workshops to ECE community

Presenting information to my full organization

Encouraging childcare sectors to utilize methods of shading environments

Raise awareness in community re providing shade in playgrounds

Circulate information to key players in my organization. Open discussions on what we can do now to promote shade or promote opportunities in our play spaces

Talking to my schools

- **Participants represented a wide variety of sectors: community, childcare, recreation, health, education and environment. Networking and cross-sector sharing was an important outcome.**

The variety of backgrounds brought forward very diverse conversations

Contacts: people I would not otherwise meet or think of contacting

Great to hear different perspectives and connect with many community partners

Initiatives (shade-related) gathering momentum; breadth of organizations involved

Great opportunities; great things are possible through partnership/community resources

Very interested people in the topic from a variety of sectors; information and product resources identified; potential partners

- **Participants shared practical examples of services, resources and supports that would help them implement next steps**

Resource options to offer ideas to child care centres

Public education and also government policy to change development process of new construction sites

Will be looking to a place to send people to borrow materials like UV metres and other tools like audit info

Resources to compliment curriculum outcomes like the ongoing sun safety in a school community binder

Evergreen to speak at PSA groups at schools

Funding

Expertise in developing playground shaded areas

Information (quick facts) on why to shade and how

Appendix 1: Detailed Agenda

- 8:30 – 9:00 a.m. Registration and Light Refreshments
- 9:00 – 9:15 a.m. Welcome and Introductions
- 9:15 – 9:45 a.m. Sun Safety Knowledge, Attitudes and Beliefs of Atlantic Canadians and the Link to Skin Cancer in Nova Scotia - Dr Laura Finlayson
- 9:45 – 10:15 a.m. Characteristics of Solar UV Radiation and Shade - Angus Fergusson, Environment Canada
- 10:15 – 10:30 a.m. Nutrition and Networking Break
- 10:30 – 11:00 a.m. Designing for Shade, Jill Robertson, Landscape Architect & ISA Certified Arborist
- 11:00 a.m. – 12:15 p.m. Panel Perspectives on Shade
Making a Case for Shade: town of Widsor and HRM Summer Aquatics and Recreation Programs Summer Sun Safety Program Shade Audits, Emily Gregus,
The Shade Factor: Evergreen's Approach to Shading Children, Rhea Dawn Mahar, Evergreen
Creating Policy That Supports Shade, Mickey McDow, Community Recreation Coordinator, Halifax Regional Municipality
- 12:15 – 1:00 p.m. LUNCH
- 1:00 – 2:00 p.m. Stories of Shady Behaviour in the Community
Shade at the Swimming Pool, Town of Windsor Aquatics Program, Brettanie Deal-Porter
A Tree-Mendous Event, Berwick Girl Guides, Sara Keddy
Shading the Little Ones, Angie Bryant, Fox Hollow Childcare
Tackling Shade @ Coldbrook & District School, Annapolis Valley Regional School Board, Pat Murphy, Vice Principal
- 2:00 – 2:30 p.m. Supports and Resources Discussions
- 2:30 – 2:45 p.m. Nutrition and Networking Break
- 2:45 – 3:30 p.m. Discussion Groups
- 3:30 – 4:00 p.m. Next Steps, Evaluation and Closing

Appendix 2: Evaluation Form

March 3, 2010

Please help us assess this event by answering the questions below. Leave the completed form on your table or in the box beside the exit.

2. What is your interest in this topic?

2. How useful did you find this event?

Not useful at all 1 2 3 4 5 Highly Useful

Comments

3. How useful it was to have representatives from different sectors take part?

Not useful at all 1 2 3 4 5 Highly Useful

Comments

4. The three most important things you learned...

5. Your next steps for enabling shady behaviour could be...

6. What do you need (services, resources and supports) to carry out these next steps?

7. Any other feedback?

Thanks for taking part!