

[School Name]

[School Address]

[City, State, Zip Code]

[Date]

Dear Parents and Guardians,

Subject: UV Index Awareness

As part of our commitment to the health and well-being of our students, we want to bring awareness to the importance of sun safety in relation to the UV Index. The UV Index measures the strength of ultraviolet (UV) radiation from the sun and can impact our skin health.

The UV Index is categorized as follows:

- **Low (0-2)**: Minimal risk of harm to the average person
- **Moderate (3-5)**: Moderate risk of harm; protective measures are encouraged
- **High (6-7)**: High risk of harm; sun protection is essential
- **Very High (8-10)**: Very high risk of harm; extensive sun protection is necessary
- **Extreme (11+)**: Extreme risk of harm; avoid outdoor activities during midday hours

To help protect our students during high UV index days, we recommend the following:

1. Apply broad-spectrum sunscreen with at least SPF 30 before school.
2. Encourage students to wear protective clothing, hats, and sunglasses.
3. Schedule outdoor activities during times when UV exposure is lower (before 10 a.m. and after 4 p.m.).
4. Ensure that students seek shade whenever possible.

We appreciate your support in promoting sun safety among our students. Together, we can help ensure a safe and enjoyable outdoor experience for everyone. Should you have any questions or need further information, please feel free to reach out.

Sincerely,

[Your Name]

[Your Title]

[Contact Information]

[School Website]