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Circular to principals of Catholic schools in Victoria

Sun and UV Protection in Victorian Catholic schools

Main Points

- The Catholic Education Commission of Victoria Ltd (CECV) supports schools to provide healthy and safe environments and encourages school communities to prevent overexposure to ultraviolet (UV) radiation from the sun.
- Health and safety measures for sun protection include the provision of shade for students, staff and the school community and assisting staff and students to take responsibility for their own sun protection.
- The Department of Education and Training's [School Policy Advisory Guide](#), has been updated with advice for schools about Sun and UV protection measures, including sufficient shade provision, covering clothing, broad-brimmed hats, sunglasses, use of SPF 30 (or higher) broad-spectrum, water-resistant sunscreen and a new look SunSmart widget.
- Schools are encouraged to add the free SunSmart widget to their website. The widget shows the daily sun protection times for a school's location.

Critical Dates

- As Spring approaches, UV levels are already on the rise in Victoria. Check the daily sun protection times to know when sun protection is recommended for a particular location.

Actions Required

- Principals are encouraged to reinforce their sun protection policies and remind the school community to use a combination of protection measures during the daily sun protection times.
- School website administrators are encouraged to add the free SunSmart widget to their school's home page found at www.sunsmart.com.au/uv-sun-protection/uv/uv-widget.

Additional Information

- While some sun exposure is necessary for the production of Vitamin D, over exposure carries a risk of skin and eye damage. Between September and April in Victoria, most people source enough vitamin D due to higher UV levels and more time spent outdoors.
- Sun protection times can also be found at the Bureau of Meteorology website and real time UV levels are available from the Australian Radiation Protection and Nuclear Safety Agency. See the [SunSmart](#) website for these agency links.
- Ninety per cent of Victorian primary schools are members of the SunSmart Program. A large number of secondary schools are also committed to SunSmart practices. For more information about healthy approaches to UV exposure, resources, curriculum support and sample policies see the [SunSmart](#).

Contact/Enquiries

- For all enquiries, please contact Dennis Torpy, Manager, Student Wellbeing Unit, Catholic Education Melbourne on 03 9267 0228 or dtorpy@cem.edu.au.



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