



## WINTER RECESS GUIDELINES



As we enter into the winter season, we believe outdoor recess is an important and valuable part of the student's day. Fresh air, exercise and time spent outside afford students a break from the structure of the classroom. Teachers agree that students perform best at school when they have an opportunity for vigorous outdoor play, so we try to get them out whenever possible. However, because there are times when it is not safe for children to be outdoors, we will be following the guidelines listed below to determine whether we will have inside or outside recess. It will be imperative that your child is dressed appropriately (jackets, gloves, and hats) for the cold weather and prepared to play outdoors.

### Winter Recess Guidelines

The National Nurses' Association has established the following guidelines for outdoor recess during the winter months:

**"Feels like" -Equivalent or Below 25 degrees or below –(consider wind chill factor)**

#### **Indoor Recess**

**"Feels like" –Equivalent or between 25-40 degrees – (Consider wind chill factor)- Children must wear:**

**Coat/Heavy jacket/long pants/Closed shoes/boots/\*recommended: gloves/stocking cap**

**(\*below 32 degrees gloves and hats required)**

**"Feels like" – Equivalent or between 41-50 degrees- children must wear:**

**Coat/Heavy jacket/long pants/sweatshirt/closed shoes-boots/**

**Optional: stocking cap/gloves**

**"Feels like" – Equivalent or 51-60 degrees, children must wear:**

**Coat/jacket/sweatshirt/closed shoes/boots**

**Optional: stocking cap/gloves**

Parents and caregivers are encouraged to monitor their children's clothing selections to make sure they are prepared for colder temperatures and are appropriately dressed for outdoor recesses. Each year we collect a large selection of lost clothing that we cannot match up with children. Please label your children's winter clothes so if they misplace them we can get them back to the student.

Due to health concerns, we cannot loan winter clothing for recess. Children reporting to school without proper winter attire will not be permitted to participate in outdoor recess or mileage.