



## Cold Weather Recess Policy

We believe a child's ability to get outside for healthy exercise and fresh air is important. There are numerous research studies that support this decision. Students generally go outside for recess every day, so they should be dressed appropriately.

Exceptions are made only when a child brings a doctor's note or parent request excusing him/her from outdoor recess due to illness.

Indoor gym recess is determined based on the following guidelines:

- If the temperature outside, together with the wind chill, is **above 25°F (real feel)**, students will have regular outdoor recess.
- If the temperature outside, together with the wind chill, is **below 25°F (real feel)**, all students will remain inside the gyms for the entire lunch period.
- The preferred procedure is a rotation of 20 minutes for lunch and approximately 20-minute recess.
- Other considerations in which indoor recess is allowed include poor conditions on the playground and the presence of precipitation.

Cold weather reminders:

- Send your child to school with **proper coats, gloves/mittens, and hats/earmuffs**.
- Students may not wear boots during school per the uniform policy, but they may leave a pair in their locker if needed.
- It is highly recommended parents label their child's tag on their sweatshirts/coats/etc. to help any lost belongings get returned back

Please contact administration if you have any questions or concerns. Thank you.