



Recess

Cold weather has arrived! And even though it is nice and toasty in the classrooms, your child needs a coat to stay warm outside at recess. Students go outside for recess two or three times a day if the weather is dry and the temperature is above 32 degrees. Children stay healthier physically and mentally if they have time to run around outside, but we don't want them cold and miserable.

We tend to see more illness in the winter for several reasons, our throats are dryer from inside heat, and closed-in, warm quarters make it easier to pass around airborne germs. If children are dressed appropriately for the colder outside temperatures, then they actually raise their body heat by playing outside and are better able to fight off the germs that cause illness. Please watch the weather report each day and dress your child appropriately so they can enjoy their time at school.

Nurse

May Skeley