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. In the colder months, our policy will be that children will play outside as long as the temperature or wind chill is at or above ten degrees and the weather is not inclement. The wind chill report will come from the National Weather Service. Students must dress for the cold weather. Parents should make sure that their children are dressed appropriately for these days and bring the appropriate winter apparel to school. We want them to be comfortable while enjoying these brisk winter days. Follow these suggestions to protect your child’s body from excessive heat loss:

**Wear a hat. You lose as much as 50 percent of your body heat through your head.**

**Cover your ears and the lower part of your face. The ears, nose, chin and forehead are most susceptible to frostbite.**

**Cover your mouth with a scarf to protect the lungs from directly inhaling extremely cold air.**

**Consider mittens instead of gloves. The contact of your fingers keeps your hands warmer.**

**Wear water-resistant boots. Feet should be kept as dry as possible.**

**Coats should be water-resistant, tightly woven, and hooded and sleeves snug at the wrist.**

**Wear warm leg coverings and heavy socks or two pairs of lightweight socks.**

Thank you for your attention and cooperation as we head into these colder months.