

## All Weather Recess

It is important for kids to get active and get outside in all kinds of weather. Healthy kids and healthy brains are developed from playing outdoors!

At Ross Glen School, along with support from our School Council, we would like to get our students (and staff) outside to move 3 times a day, if it's safe to do so and we are not under a weather advisory. We will use our reasoned judgment along with up-to-date weather information to determine if it is appropriate for our students to go outside. Our students enjoy being outside in all types of weather; whether it is sunny and nice, cloudy, windy, raining, snowing, and even when it gets a little colder outside. There are many advantages for children who get outside to experience opportunities for outside adventure, such as developing physical literacy skills through outdoor play, developing communication and relationship skills, and getting fresh air. Researched benefits of getting outside are:

- increased positive mood
- decreased anxiety
- improved attention
- increased empathy and cooperation
- increased physical activity

We want to ensure that our students, and staff, are well-prepared to go outside as often as possible to reduce the number of indoor recesses our students experience throughout the year. As such, we will NOT implement a school policy limiting our ability to go outside due to defined temperature ranges. Instead, we will plan to go outside for all recesses, year-round, if there is not a weather advisory, and if we judge it is safe to do so in exercising our reasoned judgment. When temperatures get colder, we may use our discretion to shorten recess, allowing students to get outside and get some fresh air while being mindful of the temperature. When we need to issue an inside recess, if possible we will offer students the option to join the polar bear club for outside recess. We have found that when colder weather persists, and students are inside for several days, their ability to focus and complete academic work suffers. We want to avoid this and support the overall well-being that occurs from being outdoors.

Please ensure that your child(ren) is prepared to go outside every day and that they have appropriate clothing for the forecasted weather. If we deem a student does not have appropriate clothing for safe enjoyment of the outdoors, we will keep the student indoors and remind his/her family to send their child to school with appropriate outdoor attire. Please contact the school office should you need support in obtaining appropriate winter wear for your child and we will do our best to help you.