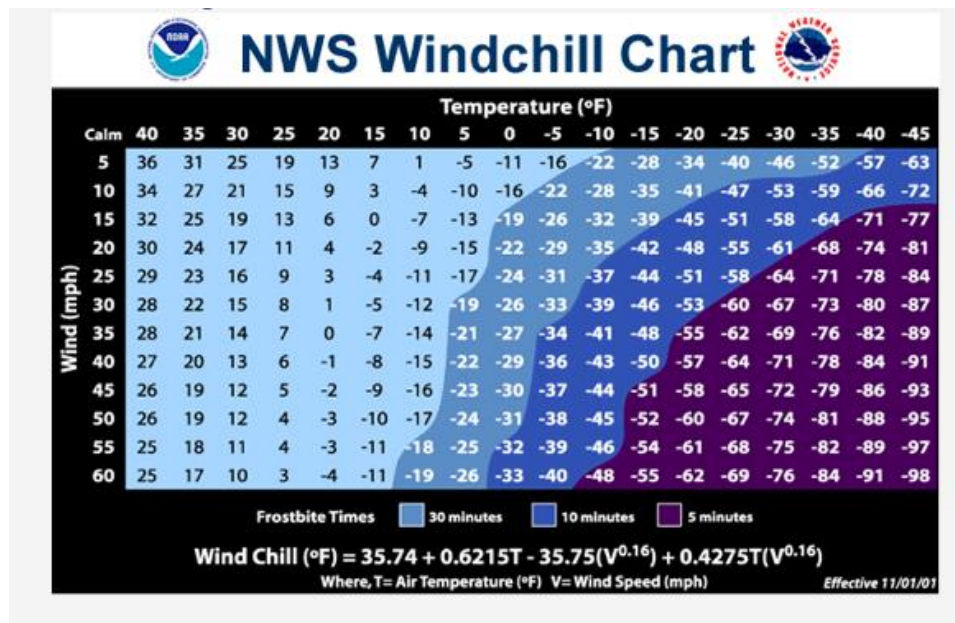


School Recess: When Is It Too Cold To Go Out To Recess?

Unstructured physical play is a developmentally appropriate outlet for reducing stress in children's lives, and research shows that physical activity improves children's attentiveness and decreases restlessness. When making an indoor/outdoor decision for recess, our school administration takes into account the temperature, wind chill, precipitation and other weather conditions.

The elementary schools in the Stuttgart community are sensitive to the safety and well-being of students, and during periods of severe weather, recess is held indoors. We balance this decision with the understanding that play and movement and physical activity is crucially important to kids' health and well-being. During outdoor recess, students are actively playing and moving which contributes to keeping warm.

Generally speaking, students are kept indoors when temperatures are at or below 20°F. Typically, recess is scheduled for 20 minutes; however, there may be days when outdoor recess is shortened due to inclement weather. Students may be kept indoors at higher temperatures if wind chill is a factor.



Cold Weather Clothing Tips

1. Wear layers of clothing.
2. Wear a heavy coat for the morning with a windbreaker and/or sweater underneath.
3. Keep a pair of gloves and hat at school “just in case” they might be needed later.
4. Wear a hat, mittens, and winter scarf to keep you warm when the weather is cold.
5. Wear appropriate shoes with warm socks.