

WEATHERBEE SCHOOL COLD WEATHER GUIDELINES

Time spent outdoors is an integral part of the school day. Children need fresh air and exercise and time spent outside affords students an opportunity to break free from the structure of the classroom. However, there are times when it is not safe for children to be outdoors.

When properly clothed, elementary school-aged children can participate in safe, vigorous play in an outdoor environment in most weather conditions. Increased caution is necessary during temperatures less than 20 degrees Fahrenheit. Children have a greater body surface area to weight ratio than adults and 50% of heat loss may occur from head and hands. Hypothermia results when the rate of the body's heat loss is greater than the body's rate of producing heat. Temperature plus wind velocity, or wind chill, is a prominent factor in determining cold weather safety. As the speed of the wind increases, it carries heat away from the body quicker. The younger the child the less physical adaptive reactions they have to cold stress.

Therefore, when the outdoor temperature is **zero** or higher and the wind chill factor is **zero** or higher five minutes before scheduled recess on *The Weather Channel for Hampden, ME*, children will be allowed to play outdoors with adult supervision for an appropriate length of time. Children should arrive at school adequately dressed with warm clothing (snow)pants, hats, scarfs, mittens/gloves and boots. Also, students go outside in drizzly weather and water repellent jackets can be a good idea. We keep minimal extra outside clothing for students at school. Please make sure they are dressed appropriately for the upcoming weather when they leave home in the morning.