

WATERTOWN SCHOOL HEALTH SERVICES

WINTER WEATHER RECESS

Part of our healthy daily routine at the Watertown Elementary Schools includes outdoor recess. Research shows that children need fresh air, exercise, and sunshine. Physical activity is not only healthy for your child's body but it also stimulates brain activity.

The outdoor air, especially in the winter, is more humid, and much fresher than the air indoors, which tends to be drying to the mucous membranes, increasing the incidences of nosebleeds, impetigo, chapped lips, ear infections and upper respiratory infections. Keeping active everyday will help make your child less vulnerable to illnesses in cold weather. Temperatures will be monitored from local news stations for unsafe conditions that could harm children.

Children are usually thrilled to go outside when the snow begins to fly. Parents on the other hand, might dread the thought of cold weather and all that it implies. To ensure that children have a safe and fun winter at school, here are some steps we **recommend: a winter jacket, a warm hat, warm mittens or gloves, boots and snow-pants (if possible). This will ensure a comfortable recess for all. It is also suggested that your child keep an extra change of clothes in their locker to change into if needed. Please label all clothing with your child's name.** Dressing in layers helps to keep your child comfortable during fluctuations in the temperature both inside and outside.

Children will not be excused from outdoor recess for a prolonged period of time without a written medical reason from a physician.

Your child's health is an important phase of the educational program. All children need exercise and fresh air to keep healthy and alert. Any questions, please contact your school nurse.

Submitted by,
Joanne Shea RN, BSN, MED, Hosmer School Nurse
617 926-7751

Information obtained from Mayo Clinic, Children's Health as well as a variety of other school systems guidelines. 12/7/05