

MONTESSORI SCHOOL OF WESTMINSTER

**WEATHER GUIDELINES FOR**

**RECESS • PHYSICAL EDUCATION (PE) • ENVIRONMENTAL EDUCATION (EE)**

Time spent outdoors is an important part of the school day whether it is guided during Physical or Environmental Education or free play during recess. It is difficult to set guidelines that fit every circumstance and condition in regards to outside activities, especially during periods of rainy or cold weather. *Students at MSW will go out every day if the weather is within the parameters listed below.*

**Our expectation is that parents will provide their child with appropriate clothing for all types of weather so he/she can participate in all outdoor opportunities.**

When determining whether a classroom will go outside, we will make these considerations:

- Temperature
- Humidity
- Heat index
- Wind chill
- Age of students
- Length of time outdoors
- Adequacy of students' clothing
- Condition of the playground

**Cold Weather Guidelines**

1. When properly clothed, children can participate in safe, vigorous play in an outdoor environment in most weather conditions. Increased caution should be practiced when temperatures reach below 40 degrees including wind chill factor.
2. When temperatures and wind chill factors fall below:
  - **32 degrees** including the wind chill, students in--  
Beginnings and Primary are limited to 20-minute intervals outside.
  - **30 degrees** including the wind chill, students in--  
Beginnings and Primary are kept indoors.  
Elementary and Middle School are limited to 20-minute intervals outside
  - **28 degrees** including the wind chill, students in--  
Beginnings and Primary are kept indoors.  
Elementary and Middle School are kept indoors.
3. Temperatures considerations and proper clothing:
  - Below 60 degrees >jacket or long sleeves recommended
  - Below 50 degrees >coat and long pants recommended
  - Below 40 degrees >gloves and hats with previously recommended gear necessary
4. Clothing requirement when snow is present:
  - Snow pants and snow boots. (Boots kept at school for EE may be used during snow unless otherwise noted by parent.)

***Note: Due to difficulty of preparing the entire class for outside play in proper attire, students in Beginnings and Primary will only be going outside in the snow during their scheduled EE small group time. For additional information, please consult your child's guide.***

### **Heat Advisory Guidelines**

1. When the temperature reaches 95 degrees as indicated by the National Weather Heat Index chart, faculty should provide for inside activities or lessons.
2. For temperatures below 95 degrees, faculty should provide students with a water break before and after recess. Additionally, any student who shows signs of heat exhaustion or overheating should be allowed a water break during the recess period.
3. Faculty should be aware of medical conditions such as asthma, diabetes, epilepsy (seizure), allergy medications etc. which put students at a high risk of heat-related illness. These conditions could be intensified if exercising in hot weather; however, there is no reason to limit students' participation, unless a known risk is obvious or the parent has advised the school that their child should not participate.

### **Rain Guidelines**

If the temperature is 45 degrees and above including the wind chill, students will be permitted to be outside during a light to moderate rain event. Note: PE will not be held outside during any rain events.

1. Clothing requirements for rain:
  - Rain jacket
  - Rain boots

***Please be advised it is best to encourage your child be prepared to be outside each day. You are welcome to send to school extra clothing for your child. Should your child come to school unprepared, he/she will not be able to participate in outdoor activities.***

References: Weather Guidelines – National Weather Service  
Montessori Services  
Barlett City Schools