

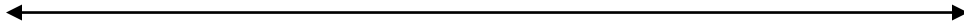


UNIVERSITY HIGHLANDS ELEMENTARY

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We are lucky to live in a relatively moderate climate. However, some days will be wet and some days will be cold. What matters is that we all learn to dress appropriately for outdoor activities no matter the weather.

Outdoor play is valuable and fresh air is healthy. Our students have two opportunities daily to be outside (recess and lunch) as well as times planned by teachers throughout the week. We believe in outdoor play and education and encourage students to enjoy their environment.

Encourage your children (and feel free to join in!) to play in the rain and snow as much can be learned. Jump in or toss stones in puddles and observe the splash and ripples. Why do rocks and stones look so much more interesting when they are wet? How can water be made to flow from one puddle to another? What kind of mud makes the best mud pancakes? Notice the ice patterns that form on puddles when the temperature drops. Build with snow. What properties make the best snow balls and snow forts? What kind of snow is the best for tobogganing?

At school, students will go outside every day at recess no matter the weather as it is a short time. At lunch, a decision will be made by the Principal to keep students inside if the weather becomes inclement.

As we approach the rainy, cold season please be sure your child has:

Rain	Snow
<input type="checkbox"/> Waterproof hat	<input type="checkbox"/> Toque that covers ears
<input type="checkbox"/> Waterproof jacket	<input type="checkbox"/> Heavy jacket for warmth
<input type="checkbox"/> Waterproof pants	<input type="checkbox"/> Snow Pants
<input type="checkbox"/> Fingerless gloves (keeps hands warm and fingers out for playing)	<input type="checkbox"/> Insulated gloves or mittens suitable for handling snow
<input type="checkbox"/> Waterproof boots	<input type="checkbox"/> Snow boots
<input type="checkbox"/> Warm socks	<input type="checkbox"/> Warm socks

Do not fall prey to the myth that a cold can be caught or prolonged by going outside in the rain or cold. This is simply not true. Besides, if you are dressed appropriately you will be toasty warm and dry!

Tip: Dressing in layers is helpful when making the transition from indoors to out.

- outer layer = protection from the weather
- middle layer = warmth
- inside layer = comfortable for indoor temperature