

## Going Outside

Children are expected to go outside when the forecast temperature/wind chill is above 25 degrees, the forecast temperature/heat index is less than 90 degrees, there is no precipitation falling, and there is no current air quality alert. It is understood that given these parameters there may be portions of some days that do not meet the conditions of weather permitting since forecasts are generally targeted to a point in time in the day.

**Going outdoors is healthy for our children. It builds up their immune system, provides exercise, stimulates the imagination, promotes problem solving and provides Vitamin D. These are all very important factors for your children's growth and development.**

Please reference the box below to make sure your child has the necessary requirements for that day's outdoor play.

Temperature	Items Needed for Child to go Outdoors	Time Amount Spent Outdoors
25-40	Boots, Gloves, Hat, Scarf, Winter Coat	15 minutes (am & pm)
40-55	Winter Coat or Warm Jacket	30 minutes (am & pm)
55-80	Light Jacket	30 minutes (am & pm)
80-90	n/a	15-20 minutes (am & pm)

*Since the temperature will change throughout the day, when we go outside the classroom teachers will use the dress as describes in "items needed" as listed in the above box when dressing your child. Please let the teachers know if you have any specific requirements for your child. If you should have any questions or concerns please let me know.*