

Sample Recess Policy Letter to Parents

Dear Parent,

At [REDACTED] School, teaching and learning goes beyond the classroom. Outdoor recess is a key part of your child's education. Physical activity provides time for social learning and cooperation, recharges the brain for learning, and can reduce behavior problems. Outdoor play is a priority at our school, as it allows for more movement, different kinds of creative play, exposure to nature, and access to different types of spaces.

All students are provided with a minimum of [REDACTED] minutes of recess per day. Recess is taken outside in all seasons (fall, winter, spring, summer) unless the weather is unsafe. Below is the school's policy for acceptable weather for outdoor play:

Wind chill above 15 degrees F.

Heat index below 90 degrees F. During warmer months, we will prioritize morning outdoor activities before temperatures rise to this level.

Dry, or very light rain, with no ice on surfaces.

Please dress your child appropriately for the weather so that they may participate fully in outdoor play. This includes:

Warm weather: Light colored, loose fitting shorts, short-sleeved or sleeveless shirts, socks and sneakers. Students will be allowed to wear brimmed hats for sun protection during outdoor play only. Please apply sunscreen before your child arrives at school.

Cold weather: Long pants, under shirt, long sleeved shirt, socks and sneakers, winter coat, hat, gloves or mittens, scarf.

Thank you for your help in providing the best for your child.

Sincerely,

[REDACTED]