

**Académie Lafayette Practice on Extreme Temperatures**  
**Updated 08/22/2023**

Harmful impact of extreme temperatures is based on multiple factors such as a child's cold/heat tolerance, appropriate attire and type of outdoor activity. Because of this there are no national policies or professional standards on cold/hot weather days for school aged children. Dressing appropriately, sunscreen and adequate intake of fluids on both cold and hot weather days will help significantly decrease the harmful impact of extreme temperatures. (1)

In order to keep our students and staff safe during extreme outdoor temperatures we will alter the recess schedule according to the heat index or the wind chill factor for that day. In the cold months, outdoor recess time will be shortened for wind chill temperatures 20°F or lower, and the students will have indoor-only recess when wind chill temperatures are 10°F or below. During the warm months, recess will be shortened for heat index temperatures of 90°F or higher and we will have indoor-only recess when the heat index is 100°F or higher.

Teachers should inform parents of the need for appropriate clothing according to temperatures via weekly memos or other effective means of communication.

Administration and/or the school nurse will notify staff of shortened or indoor recess according to temperatures, heat index, or wind chill values as forecasted by the [National Weather Service](#).

1. American Academy of Pediatrics, November 2021  
<http://files.ctctcdn.com/58b71d34401/032727e6-2cb7-4b1d-8da6-d270171b08f7.pdf>