



POLAR BEAR RECESS CLUB

What is it?

Outdoor play every day throughout the winter! Recess continues outside in temperatures as low as -39°C . Kids simply dress appropriately for the weather.

Why?

Because winter shouldn't stop kids from enjoying the outdoor play they need! Access to active play in nature and outdoors is an important part of healthy child development.

Principles:

- Participation is voluntary.
- Parental consent is required.
- Students who have consent can participate in all or none of the recess breaks.
- Students must be dressed appropriately, including a warm toque/hat; snow pants; face covering; warm, insulated jacket; mittens; and snow boots.
- Students can go back inside at any time.
- Staff supervision will be provided.
- All students will remain inside when the temperature/windchill is -40°C or below.

Please see school website or contact the school for more information.

POLAR BEAR RECESS INFORMATION & CONSENT

As part of River East Transcona School Division, your child's school is implementing a Polar Bear Recess Club. Polar Bear Recess is an activity that permits students to go outside for recess when they would typically be indoors.

The school and the division believe that providing students with as many opportunities as possible to be physically active is an important aspect of life.

By implementing a Polar Bear Recess Club strategy, we will be allowing students, with parental consent, to have additional outdoor time when otherwise temperatures/windchill would dictate an indoor recess.

Principles:

- Participation is voluntary.
- Parental consent required.
- Students who have consent can participate in all or none of the recess breaks; this is limited to AM and PM recesses.
- Students must be dressed appropriately. This includes a warm toque/hat; snow pants; face covering; warm, insulated jacket; mittens; and snow boots.
- Students can go back inside at any time.
- Staff supervision will be provided.
- All students will remain inside when the temperature/windchill is -40°C or below.

Parental/caregiver consent:

By signing below, I am consenting to allow my child, _____, to participate in the Polar Bear Recess Club for the current school year and that I commit to ensuring my child has the necessary attire.

Parent/caregiver name

Parent/caregiver signature

Date