

DOVE SCIENCE ACADEMY ELEMENTARY SCHOOL OUTDOOR RECESS GUIDELINES KINDERGARTEN – GRADE 5

According to the American Association for the Child's Right to Play, recess responds to children's social, emotional, cognitive, intellectual, and physical needs. The organization's website cites the following benefits of recess:

- Physical activity is essential for the healthy growth and development of children
- Recess can serve as an outlet for reducing or lowering children's anxiety
- Traditional recess activities encourage children to take turns, negotiate, or modify rules and interact cooperatively.

Therefore, every attempt will be made to provide children with a daily outdoor recess (approx. 10-25 minutes) as per the following guidelines:

*** Outdoor recess (20 or 25 minutes)**

Feels like 50 degrees and above (considers wind chill factor)
There is no falling precipitation

*** Limited Outdoor Recess (5 or 10 minutes)**

Feels like 40 - 50 degrees (considers wind chill factor)

*** Inside recess**

Feels like 40 degrees or below (considers wind chill factor) or if there is falling precipitation.

To access the current local temperature including wind chill...

1. Type www.weather.com
2. Type in your zip code (73105)
3. Look at the current temperature for Oklahoma City
4. Look right below that current temperature to get the "Feels Like" temperature
5. That's the temperature that we will use to determine outdoor recess.

Playground/Field Conditions

Students will be permitted to use playground equipment and fieldsplay areas when conditions are suitable for safe play. Safety considerations include:

- Equipment that is dry and ice free
- Fields and play areas that are not muddy or icy .

Note: It is important that all children be able to participate in outdoor recess. Appropriate clothing for outdoor play is essential. Parents must be certain that children come to school with warm jackets, hats and gloves in cold weather.

Kanuni Yilmaz
Principal