

Recess When the Weather is Cold

We have entered the colder season of the school year. Even though the temperatures get colder, our students still go outside for recess. Recess is a very important time for students to take a break from their academic classes to get fresh air, exercise, and socialize with their peers. Recess is so important that the Howard County Public School System has a policy requiring elementary schools to provide students with 30 minutes of recess daily. Outdoor recess will occur during the cold months as long as the “feels like” temperature is at least 20 degrees and it is not raining/snowing.

Please be sure your children are prepared for outdoor recess. They should have coats/jackets, mittens/gloves, and hats. Please put your child’s name on these items. Doctors’ notes are required for students to miss recess. The note should list the dates the student cannot attend recess. If a doctor requires a student to stay in from recess when the rest of the students go out, the student will go to the front office until lunch.