

DATE: 2/24/22

TO: Framingham School Committee

FROM: Dr. Amy Gerade, Director of Curriculum, Instruction, and Assessment

CC: Dr. Robert Tremblay, Superintendent of Schools

Amy Bright, Assistant Superintendent of Schools for PK-12 Education

RE: Recess Implementation

In accordance with School Committee policy, all elementary schools were asked to add an additional 15 minutes of recess across all grade levels. The rollout of this policy was divided into two distinct segments with kindergarten beginning by January 18th and grades 1-5 beginning by February 28th. Additionally, School Committee provided schools an opportunity to decide whether the additional 15 minutes would be a stand alone increment of time or be combined with the established 15 minutes of recess already in the schedule to create a 30 minute time block. The purpose of this memo is to provide the School Committee an implementation update.

All schools successfully implemented the additional 15 minutes of kindergarten recess by January 18th. Implementation of grades 1-5 was slightly more staggered due to the complexities of individual school schedules that included but were not limited to special education and ESL service delivery, intervention schedules, specials schedules. Brophy, Dunning, Hemenway, and Stapleton were able to implement it on or around January 18th. Barbieri, Harmony Grove, King, McCarthy and Potter Road were able to implement the additional time between January 18th and the policy deadline of February 28th.

Each school had an individualized approach as to how they utilized the additional 15 minutes of time. These decisions were based on the needs of the students, thoughtful consideration by the classroom teachers in each grade, and logistical considerations for each school building.

- Barbieri - 30 minutes for all grades
- Brophy - 30 minutes for all grades
- Dunning - Grades K-3 and 5 use two 15 minute increments while Grade 4 is one 30 minute increment
- Harmony Grove - 30 minutes for all grades
- Hemenway - 30 minutes for all grades
- King - 30 minutes for all grades
- McCarthy - Grades 1-5 are two 15 minute increments while Kindergarten is one 30 minute increment
- Potter Road - Kindergarten is two 15 minute increments while Grades 1-5 are one 30 minute increment
- Stapleton - 30 minutes for all grades

While every effort will be made in utilizing this time to have outdoor recess, there may be times when that is not possible due to inclement or cold weather. The chart which guides that decision making process is attached to this memo.

Understand the Weather



Wind-Chill

- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed *skin will freeze* in 1 minute



Heat Index

- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)

Air Temperature	Wind Speed in mph									
	Calm	5	10	15	20	25	30	35	40	
40	40	36	34	32	30	29	28	28	27	
30	30	25	21	19	17	16	15	14	13	
20	20	13	9	6	4	3	1	0	-1	
10	10	1	-4	-7	-9	-11	-12	-14	-15	
0	0	-11	-16	-19	-22	-24	-26	-27	-29	
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43	

Comfortable for outdoor play

Caution

Danger

Heat Index Chart (in Fahrenheit %)

Air Temperature (°F)	Relative Humidity (Percent)												
	40	45	50	55	60	65	70	75	80	85	90	95	100
80	80	80	81	81	82	82	83	84	84	85	86	86	87
84	84	84	85	86	88	89	90	92	94	96	98	100	103
90	91	93	95	97	100	103	105	109	113	117	122	127	132
94	97	100	103	106	110	114	119	124	129	135			
100	109	114	118	124	129	130							
104	119	124	131	137									

Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

Condition GREEN - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

INFANTS AND TODDLERS are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.

YOUNG CHILDREN remind children to stop playing, drink a beverage, and apply more sunscreen. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

Condition YELLOW - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

INFANTS AND TODDLERS use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

YOUNG CHILDREN may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

Condition RED - most children should not play outdoors due to the health risk.

INFANTS/TODDLERS should play indoors and have ample space for large motor play.

YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions.

OLDER CHILDREN may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Wind: The speed of the wind in miles per hour.

Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

Winter Storm Warning: Severe winter conditions have begun in your area.

Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Framingham Public Schools

Recess and Weather Advisory

Winter Weather Safety

Recess is a necessary break in the day for optimizing a child's social, emotional, physical and cognitive development. Ideally recess takes place outside the school building as often as possible. Principals will alert families to this expectation and inform them that students should come to school dressed appropriately for the weather. Some families may need support in obtaining rain/winter outerwear. In this case, the family should contact their school's nurse, social worker, or school counselor for assistance. Students who do not have appropriate winter or rain wear may need to stay inside during outside recess, but all other students will be expected to participate in activities outside.

At certain times of the year, weather conditions may need to be considered in determining if students can participate in outside recess. At these times, the principal/ designee will determine whether the conditions including temperature or wind chill are severe enough to hold recess indoors. Principals are encouraged not to cancel recess due to weather, unless absolutely necessary. Basic guidelines for weather decisions are below and can be found in more detail (including wind-chill) <http://www.idph.state.ia.us/hcci/common/pdf/weatherwatch.pdf> or in the attached document.

Below 10 degrees: Indoor Recess

Below 15 degrees: Shortened recess

Below 32 degrees: Coat, long pants, gloves & hats as appropriate

During extremes in weather patterns, the principal/designee will assess the school playground for weather related safety issues. Recess will be held indoors if student safety may be at risk due to conditions on the playground.

Heat and Sun Safety

It is the expectation of the Framingham Public Schools that principals will put measures into place to:

- promote or require student use of protective items such clothing, hats, sunglasses, sunscreen, and lip balm during all outdoor activities.
- notify families prior to field trips and prolonged outdoor events that they are expected to prepare their child accordingly for activities in sun or heat.
- provide adequate hydration for students
- assess the need to reschedule outdoor activities that take place during the hours of peak sun intensity and/or heat