The Dominican
COMMUNITY of SCHOOLS

To: SAA-SDS Grades PK2-8 Parents

Subject: Warm Weather Recess Guidelines

Date: August 2026

Outdoor recess is an important and valuable part of each child's day. Fresh air, exercise, and time spent outside afford students a break from the structure of the classroom, and research shows that children perform best at school when they have an opportunity for outdoor play.

During the warm months of school, children in grades PK2-8 will go outside whenever possible. However, because there are times when it is not safe for children to be outdoors, the guidelines determining whether we will have inside or outside recess are as follows:

PK2-JK
1. "Feels like" up to 90 degrees*:* Outdoor recess
2. "Feels like" 91-94 degrees: Shortened outdoor recess
3. "Feels like" 95 degrees and above: Indoor recess

Grades K-8
1. "Feels like" up to 100 degrees: Outdoor recess
2. "Feels like" 100-104 degrees: Shortened outdoor recess
3. "Feels like" above 104: Indoor recess

If there is a medical reason that your child is unable to go outside for recess according to the warm weather guidelines, please contact your child's teacher.

Thank you for your continued support in providing for the safety and well-being of the children in our care!

AccuWeather

To access the current local temperature including the heat index,

please download the AccuWeather app