



The Dominican

COMMUNITY of SCHOOLS

To: SAA-SDS Grades PK2-8 Parents

Subject: Winter Recess Guidelines

Date: December 1, 2025

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 winter months, 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" 34 degrees and below: Inside Recess
2. "Feels like" 35-39 degrees: Shortened outside recess time
3. "Feels like" 40 degrees and above: Outside Recess

Grades K-8

1. "Feels like" 32 degrees and below: Inside Recess
2. "Feels like" 33-35 degrees: Shortened outside recess time
3. "Feels like" 36 degrees and above: Outside Recess

SAA-SDS uses the WeatherBug app to access temperatures, including wind chills.



It is imperative that your child is dressed appropriately for the cold weather and prepared to play outdoors. Warm **coats/jackets, gloves, hats** (for all students) and **leggings** (for the girls) are necessary for cold-weather safety.

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

Thank you for your continued support in providing for the safety and well-being of all of the children at our school.