



Caldwell County Schools

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Dr. Steve Stone, Superintendent
November 14, 2013

Dear WrapAround Families,

As the weather shifts from Fall to Winter, this is not only a time of changing seasons, it is also a time of changing temperatures. Because WrapAround Programs are required to offer children outside time every day, please be reminded to send mittens/gloves, hats and coats each day. Our staff will be sure everyone's bundled up before going outside to play. The article below explains how healthy it is for children and adults to spend time outside daily.

Winter Outdoor Play

Playing outside everyday is, not only fun for children, but important to their health and development. Children cannot get sick by going outside in cold weather, in fact, going outside can actually keep children healthier. According to the American Academy of Pediatrics, cold weather is not the cause of either the flu or a cold. Germs and illnesses can pass easily from one person to another when long periods of time are spent together indoors. By going outside, children do not have to re-breathe the germs of the entire group, thus, decreasing the chance of spreading germs. Washing hands frequently and teaching children to sneeze or cough into their elbows help reduce the spread of germs, also. Children of all ages enjoy and benefit from playing outdoors.

Winter here in North Carolina can vary and can sometimes be unpredictable. The weather can change from bright and sunny to extremely cold with rain, sleet, or snow! Therefore, children should always be dressed appropriately to play outdoors safely. Some essentials that are needed include: a coat, mittens/gloves, warm pants/snow pants, boots, and a hat, as much of a person's body heat escapes from their head. Hats, mittens, and boots are especially important because ears, fingers, and toes are parts of the body that most easily become frostbitten. Scarves and hoods with strings are not recommended as they could potentially cause strangulation or other serious injuries on the playground. In cold weather children generally need one more layer of clothing than an adult needs to stay warm.

Parents of children in childcare play a big role in making it easier to get children outdoors. Providing the right clothes for weather conditions is essential, such as layers for cold weather, boots and rain coats for the rain. It is very helpful to leave some of the following extra clothes at your child's daycare:

Jacket / Winter Coat	Rain Coat	Hat / Earmuffs
Mittens / Gloves	Boots / Rainboots	Socks and shoes
A change of clothes		

* As the seasons change and children grow, be sure to check the extra clothes regularly to make sure they are still the right size and appropriate for the time of year.

Resources: Health and Safety Bulletin and ND CCR&R Health Consultant Team

Thank you for helping us keep your children dressed appropriately!

Respectfully,

Mary S. Kidder

Director, WrapAround Program Services

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