



William Tredway Junior Public School
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October, 2009

**WILLIAM TREDWAY
PUBLIC SCHOOL**

WINTER HANDBOOK

INTRODUCTION

Winter officially arrives in Canada on December 21st. Unfortunately, although winter can be beautiful, it can also be a very worrisome time for parents and teachers. Our children have to contend with the natural hazards of winter, (ice, snow and early darkness) as well as an increase in potentially dangerous vehicle traffic, which is fighting severe weather conditions.

Please help us to keep William Tredway school children happy, healthy and safe this winter and every winter.

Read the following special winter material and take a few minutes to discuss it with your child.

At school we will continue to discuss with the children safety in all kinds of weather. We will be stressing topics such as slippery roads, running on ice, dressing properly for weather conditions, accepting rides, etc.

We will also keep you informed of any unusual or extremely hazardous situations that we see or hear about.

OUR PRIMARY CONCERN IS YOUR CHILD'S SAFETY



HAZARDOUS WEATHER/EARLY ENTRY

On days when the weather is **very bad or hazardous** (rain, extreme cold, ice) the students in grades 1 – 6 who walk will be allowed to enter the school anytime after 8:35 a.m. and 12:20 p.m. which is ten minutes before regular entry times. Students arriving on buses will enter the school on bus arrival and be supervised in the front foyer and entry doors. We ask that parents please try not to send children any earlier on these bad weather days. With your co-operation we can avoid a student being subjected to poor weather conditions for too long of a time.

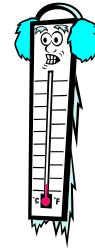
Kindergarten students will be admitted anytime after 8:35 a.m. and 12:35 p.m. on **very bad or hazardous** weather days.

STAYING IN AT RECESS

During the winter months we receive requests from parents to have their children remain indoors at recess time because they “have a cold” or are “just getting over a cold”. Regulations set by the Ministry of Education require that children receive a morning and an afternoon recess. Fresh air, unstructured free time and play (supervised by teachers) allow for a healthy break from class work, which is necessary for the **total well being of the child**. At William Tredway, the children in grades 1 – 6 receive recess breaks from 10:20 – 10:30 and from 2:05 – 2:15. We feel that these breaks are indeed important for the children and that **every child should go outside for recess**.

Naturally, as a parent, you are the best judge of whether or not your child is well enough to attend school, and I must assume that if your child is at school, he/she is well enough to spend 10 minutes outside in the morning and afternoon. I realize that there will be occasions when, for good reason, you want your child to attend school but remain indoors for recess. In this situation, please send a note with your child and he/she will be allowed to remain indoors.

We will have indoor recess for all students on rainy days and on days when weather conditions are **particularly severe**. We definitely will not send the children outside for recess if weather conditions are considered dangerous or unhealthy. When temperature and/or wind chill factor indicates -29C or lower children will remain indoors due to risk of frostnip and frostbite. TDSB Policy states; “When temperature and/or wind chill factor indicates -20 to -28C, recesses may be shortened to 10 minutes and lunch recess be 20 minutes depending on local conditions.” Children will be monitored closely for signs of frostnip, frostbite of difficulty breathing.



DRESSING FOR COLD WEATHER

The best prevention against the hazards of exposure to extreme cold is to dress your child properly for cold weather. ***NO, a big, bulky coat is not the answer!***

The Canada Safety Council recommends the following;

Layers of clothing that are thick, loose fitting and lightweight are the best. They give the most protection because layers of air, trapped between layers of fabric, are warmed by the body and provide insulation. The outermost layer of clothing should be tightly woven and windproof. Clothes that provide sufficient warmth when children are inactive are often too warm after some movement or physical activity. When sweating begins, the trapped air insulation is replaced by moisture, which will conduct cold. Once the activity is stopped, evaporation of the sweat in the clothing causes cooling. With that comes a chill. If clothing is worn in layers it can be taken off or put on as required.

Natural fabrics, such as cotton and wool, are recommended above synthetic fabrics because they stand up to wetness. Wool is especially good because it doesn't lump and continues to hold warmth when wet.

Body heat is generated in the torso and circulated through the blood stream. The first parts of the body to feel cold are the hands and feet because they are farthest away from the centre. When we start to feel cool, blood vessels in the arms and legs begin to constrict in order to conserve heat in the torso where it is most important. So, warm gloves and footwear are important. Mittens are warmer than gloves because they have less surface area exposed to cold. It is not necessarily a good idea to have your child wear an extra pair of socks for warmth; if the boots are too tight, there will be no room for the warm air layer. Tightness will also cause constriction and reduce the supply of warm blood to the feet.

As much as 70 percent of the body's heat can be lost through the head. A warm hat with ear and face protection should be worn. Most people don't need to worry about breathing in cold air, as breath is adequately warm when it reached the lungs.

PROPER FOOTWEAR AT SCHOOL

Varying weather conditions (snow, cold, ice and rain) as well as providing the usual safety hazards, present us with special safety hazards here at the school. For the **protection of your children**, I would ask that all parents ensure that their children have proper footwear to wear inside the school when they take off their winter or rain boots. Footing in the gym and on the stairs is not the best when you have no shoes; besides, it's cold and sometimes wet in the halls and washrooms.

In addition, every school is obligated by law to have periodic fire drills to ensure that should a real fire break out, the children can be quickly and safely removed from the building. During the winter season we are very concerned that every child has some kind of indoor footwear at school so that, in the event of a fire drill, children are not going outside in stocking feet.

WINTER CLOTHING

I am sure it must seem to parents that the more clothing your child has for winter conditions, the more he/she is able to lose.

Our lost-and-found box at school fills up quickly with dozens and dozens of scarves, hats, boots and mittens.

To help us recover your child's lost clothing; please make sure that all of this clothing, especially boots and coats, is clearly labelled with your child's name. If your child loses a piece of clothing, please insist that he/she look for it on the day lost. Most "stolen" items are found exactly where the owner left them.

If your child often loses items of clothing, please feel free to look through our lost-and-found yourself. We sometimes find that children "lose" items that they do not wish to wear and they are never claimed from the lost-and-found box.

