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All Seasons Weather Considerations

Whether the weather be cold or whether the weather be hot. We'll weather the weather, whether we like it or not! (unknown)

Lost and Found

For several reasons, Central does not keep a lost and found area. **Label all personal items.**

In-Between Weather Considerations

The wonderful in-between weather is the time we forget the coats we needed just a few hours earlier. Keep an eye on Lost and Found and remember to change out your child's seasonal outerwear.

Cold Weather Considerations

Because of our Zero Waste Policy, we follow the recommendations of energy conserving advocates and set your thermostat at 80°F during the summer and 68°F during the winter. We experience the outdoor environment almost every single day in all types of (safe) weather. The outerwear your child wears must be appropriate for rugged outdoor activities in any type of weather. Please leave rain boots, rain coats, and insulated clothing at school in case unexpected weather develops during school hours. Children may want to leave a sweater at school as well.

1. Outdoor schedules and temperatures
2. Change out the change of clothes
3. When children take their coats off
4. Infants and Toddlers (special note)

1. Outdoor schedules and temperatures

We monitor the temperature and outdoor surface conditions carefully. Outdoor time is moved to the warmer midday or afternoon hours. If children are out during the colder morning hours, they are out for shorter periods of time. Children are given life-skills about how to stay warm. They can increase movement, use their mittens (primary or younger) or gloves (older), put their hands in their pockets, keep hats on etc. Long scarves that can be caught are dangerous. Scarves must be tucked into jackets.

2. Change out the change of clothes

The change of seasons can mark the need for season-specific changes of clothing. Remember to label each item that comes into school. We will send home the warm weather clothes your child has at school.

3. When children take their coats off

We ask all children to put on all of the outerwear they wore to school that day before going out to play. Because children have higher metabolisms than adults and because they are more active than

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adults, they often become overheated and will ask to take their outerwear off. (Imagine if you were involved in aerobic exercise and were required to wear a coat and hat.) It is our policy to allow primary and elementary children to take their outerwear off once they are outside and they report being hot. There are times when you may see children running about without coats and teachers fully bundled up. If the teachers were to run like the children, they would have their coats off too!

Research indicates that people do not become sick or catch cold because of cold weather. (It can be a stressor if someone is already very sick.)

- The small amount of vitamin D that is available through sunlight cannot touch the skin if it is covered.
- Some bacteria/viruses that enjoy the dry, warm indoor climates, cannot survive for very long in the colder outdoor temperatures.
- We observe children putting their outerwear on when they truly become cold.
- During early cold weather cycles, we tend to put on a lot of additional clothing. As the winter progresses, we acclimate and are comfortable with less clothing.
- Keeping indoor temperatures set appropriately can also help children acclimate to the cooler outdoor temperatures. Guidelines suggest that indoor temperatures should be set so that we are comfortable wearing a sweater while indoors.

4. Infants and toddlers

Of course, these tiniest of children do not have the option of removing their outerwear. Because their digits are smaller and their smaller bodies do not regulate heat as efficiently, we have toddlers keep all of their weather-appropriate outerwear on during outdoor activities, unless a teacher determines that it is comfortable enough to do so.

Hot Weather Considerations

1. Lotions/ointments/sprays
2. Clothing that reduces the need for lotions/ointments/sprays
3. Outdoor Schedules/Temperature
4. Mosquitoes and Ticks

1. Lotions for sun protection and insects

Central does not ask their teachers to apply lotions/ointment/sprays to children. Although application does not seem to be harmful, there are no studies on how much exposure someone can have before there are possible issues of toxicity. In addition, the amount of time it takes to apply lotion to one child, multiplied by many, means that at least one teacher is not available to fully monitor or interact/instruct other children if they are applying lotion to one child at a time.

We ask parents to apply long lasting lotions to their children before they arrive at school. Of course, older children can apply their own.

2. Clothing: think light and white

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The need for lotions of all kinds can be reduced. Have your child wear loose fitting, light colored, long sleeves shirts and long pants, wide brim hat and closed toed shoes to school.

Children may bring hats from home. We will do our best to encourage them to wear their hats. If your child is accustomed to wearing a hat at home, they will be more comfortable wearing it at school.

3. Outdoor schedules and temperature

We monitor temperature and air quality during the summer and will have children stay in or go out for multiple, shorter playtimes. Over the summer, children acclimate to the warmer temperatures and become more and more comfortable with hot, sunny days.

Outdoor playtime is moved to the cooler mid-morning times. If there is afternoon play, it is for shorter periods of time.

Children hydrate before going out and have continual access to water and shade. They are given information (life skills) about how to stay cool and comfortable: find shade, slow down a bit, drink water, dampen your neck or hair, etc. Have fun!

4. Mosquitoes and ticks

PLEASE HELP US BY ALWAYS ALERTING CENTRAL STAFF TO ANY STANDING WATER YOU MIGHT SEE.

Because of the many reasons listed below, Central does not systematically fumigate for mosquitoes/other outdoor insects.

1. Because children do not play in damp areas, grassy areas, in areas where mice or deer might inhabit, the school playground is unlikely source of bites.
2. Our campus is monitored for standing water.
3. Dunks are placed in containers that might invite mosquito breeding.
4. Although mosquito bites can look alarming on little arms and legs and cause itchiness, they basically do not, generally cause health issues.
5. Most mosquitoes are active during dawn and dusk, when our children are at their homes and not at school. (Unfortunately, Zika carrying mosquitoes are also active in sunlight/daytime hours.)
6. Mosquitoes are an essential food supply for birds, amphibians and other creatures that share our natural world.
7. There are effective ways each of us can responsibly and thoughtfully reduce the likelihood of our children (and ourselves) being bitten by mosquitoes and ticks (appropriate clothing, modified outdoor schedules etc) without the creation of, storage of, transportation of, and/or improper disposal of insecticides/pesticide.

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Please dress your child in loose fitting, closed toed shoes, light colored clothing with long sleeves/pant legs. Please encourage your child to wear a hat.

Special Note

Zika is an alarming reality in the world today, one that Central takes very, very seriously. We monitor national and state databases. In the event that Zika is found to be in our area, Central will follow the guidelines of the CDC and support regional and/or local/campus fumigation programs. Please find additional information about this topic here.

<https://www.cdc.gov/zika/intheus/what-to-do.html>

Please feel free to contact Central if you would like additional information about any of the considerations listed above.

We seem to be “weathering” an increased number of uncertain weather patterns and are quickly moving into the height of hurricane season. One might think that a bit of elevation and distance would reduce the impact an Atlantic storm could have on Richmond, but history has proven (Isabel and Gaston) that we must be prepared and mindful. Central continually monitors weather and are currently monitoring Florence. If it impact us, it will probably be Thursday/Friday. Of course, you can never tell...

The staff at Central Montessori School is very well trained and prepared for emergencies. But, we need your help.

Tomorrow morning, we will send out a trail Text Em All notice to our parents and staff. (We only send out a Text Em All message when we have an emergency closing or evacuation. Anytime you receive a text from Central, please read the text before deciding to call the school. It is essential that parents do not call the school during emergencies.

When you receive this, or any emergency text, please

DO NOT CALL OR EMAIL THE SCHOOL for these reasons

- It can take a few moments/minutes for staff to correctly assess rapidly changing events.
- In a true emergency, all staff are singularly focused on the children’s safety. Just a few calls from parents can reduce the care our children receive.
- Central will provide information to you as quickly as feasible. This information will include everything a parent needs to remain informed. Promise.

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DO NOT RELY ON FACEBOOK to provide you with official safety information

Please monitor/use our web site, www.centralmontessori.com for changing information.

Special Note: If you do not receive a text message by noon tomorrow, please email us with your current and best contact email.

In the event that weather creates a danger to children or staff, Central may **delay opening or not open** for the day. Should this happen...**We will post to our website no later than 6:30 a.m. on that particular day. If there is no postings, then school is open and functioning fully.**

All parents: Please have alternative care arranged for your child(ren) in the event that Central cannot open for safety reasons.