

Warm/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

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.

Change out your child's outerwear. Heavy coats and winter all-weather boots should be exchanged for lighter rain jackets and waterproof shoes.

Send in extra change of clothing. Children may "accidentally" run through the water as it travels from the hose to the garden. There have been spontaneous games of sponge tag as well. Watery science experiments and water based art projects can occur at any given moment...

Lost and Found is located in the bathroom closest to the main office. When the lost and found items become too numerous, we will set them outside on tables during drop off and pick up. Items not claimed by Friday are donated to Diversity Thrift Store. Label all personal items.

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.

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.

Weather Considerations and School Closing Policy

Staying Open

Central understands that missing work and class can cause stress for families. We work very hard to stay open during the winter. We have remained open when other schools have closed. Please understand that because it difficult to hire people to help us maintain icy or snowy parking lots, especially to the degree that is considered safe for our particular population, there are times when we simply must close.

Alternate Care

We recommend that parents arrange for alternative childcare in the event that Central must close due to weather. If the public schools are closed, plan for Central to be closed. Some of our staff members might be able to help if you need home care.

The Decision to Open, or Not Open, or Delay Opening

Administration begins to monitor multiple weather reports at 5:00 a.m. I travel to Central very early to judge the conditions of the drive and our campus. Of course, weather patterns can change rapidly, but we do our best.

Our policy is to not make this decision the night before like so many public schools do because conditions can change dramatically in 10 hours. Last year, several schools had to reverse their decisions causing great confusion.

School Closings

***To receive (only) emergency* information, TEXT, Join, to 833-314-5747. This is used for emergency closings only. All other notifications can be found on Central's web site-Google Calendar.**

Please plan now for alternative care.

Special Notice: Facebook: Please do not rely on Facebook for critical or timely information. Take time to go to our web site for the most factual and relevant information you can receive about any and all Central Montessori School policies and notices.

Central will post closing information on Google Calendar only if there is an emergency closing, delayed opening or school cancellation. We will not post if school is open and/or opening on time.

Winter Clothing

Because of our Zero Waste Policy, we follow the recommendations of energy conserving advocates and set our 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.

Change out the Change of Clothing

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. Feel free to check the lost and found for missing items.

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 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.

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.

Stay Warm!