



January 8, 2024

RE: Polar Bear Recess Club

Dear Parent or Guardian,

Our ESNI Polar Bear Recess Club is an activity that permits students to go outside for recess when they would typically be indoors. We believe that providing students with as many opportunities as possible to be physically active is an important aspect of life. By implementing a Polar Bear Recess Club, we will be allowing students, with parental consent, to have additional outdoor time when otherwise temperatures/windchill would dictate an indoor recess.

The ESNI Polar Bear Recess Club guidelines are as follows:

- Participation is voluntary.
- Parental consent required.
- Students who have consent can participate in all or none of the recess breaks; this is limited to AM, noon, and PM recesses.
- Students must be dressed appropriately. This includes a warm toque/hat; snow pants; face covering; warm, insulated jacket; mittens; and snow boots.
- Students can go back inside at any time.
- Staff supervision will be provided.
- All students will remain inside when the temperature/windchill is -40°C or below.

To allow your child to participate, please complete and sign the consent form below. The form must be returned to the office in order to allow your child to participate. Please do not hesitate to contact me if you have any questions.

Regards,

François Rémillard



École St. Norbert Immersion

François Rémillard
Principal/Directeur

What is it?

Outdoor play every day throughout the winter! Recess continues outside in temperatures as low as -39°C . Kids simply dress appropriately for the weather.

Why?

Because winter shouldn't stop kids from enjoying the outdoor play they need! Access to active play in nature and outdoors is an important part of healthy child development.

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I, _____ have read the guidelines and I am consenting to allow my child, _____, to participate in the Polar Bear Recess Club for the current school year. Furthermore, I commit to ensuring my child has the necessary attire.

Parent/Guardian's signature