

# Deshaye Catholic School Polar Bear Club



## What is Polar Bear Club?

When the weather dips below  $-27^{\circ}\text{C}$  with the wind chill, students are not sent outside for recess. This year, during those indoor recess days, we will offer the opportunity for students to choose to go outside for recess and play as part of our Polar Bear Club at Deshaye Catholic School.

**Rationale:** Regular opportunities for play and physical activity, especially outdoors, improve our mood, attention, and fitness. Outdoor recess in cold weather provides an opportunity for students to be vigorously active, escape germs, and embrace the cold Saskatchewan reality.

**Participation:** The option to go outside will only be offered to those students who have returned a permission form signed by a parent or guardian and who are dressed appropriately for the weather (i.e., winter boots, snow pants, winter jacket, tuque, warm mittens). Students who choose to go outside will stay outside for the duration of the recess. Students would be expected to go outside for recess as you have given permission and staff feel it is a safe option. If there is a weather advisory statement or alert, or if wind gusts exceed 30 km per hour, the Polar Bear Club will not be offered.

**Supervision:** Staff members will supervise the Polar Bear Club. The number of staff able to go outside will determine how often the program is offered.

If your child is interested in having the option to participate in the Polar Bear Club, **please complete and sign the permission form below and return it to school.** Only one form is required per family (include the names of all children in the family participating on the form).

---

## Polar Bear Club Permission Form for School Year \_\_\_\_\_

I grant permission for my child/children to go outside for recess when the temperature is colder than  $-27^{\circ}\text{C}$  **provided they are dressed appropriately (i.e., winter boots, snow pants, winter jacket, tuque, warm mittens)**, the weather allows for safe play (no weather advisories or wind gusts exceeding 30km per hour), and a staff member is outside on supervision. By signing this, I am assuming my child is going outside on these days – when Deshaye Catholic School staff feel it is a safe recess option.

### Child Information (Please print)

First name	Last name	Classroom Teacher

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_