

*Cold Weather
Recess Option for
Our School*



Polar Bear Club

What is this club all about?

It is a club to embrace our coldest days, to get fresh air with outside recess as much as possible!

Who can be involved?

All Ryley School students.

When will it take place?

On Tuesdays and Thursdays when temperatures are between -20 and -25.

Where will it take place?

Outdoors during regular recess time!

See next page for parental consent details

*I'm a Polar Bear!
I bundle up and play outside when it's cold. I learn
better when I've had fresh air and playtime. I am
resilient! I am Canadian!*

Ryley School Polar Bear Club 2025

At Ryley School, we face the challenge of indoor recess during frigid winter months when temperatures can drop below -20°C (including windchill). Traditionally, students would remain in their classrooms, which can impact their focus and academic performance. To address this, we're introducing the Polar Bear Club!

The Polar Bear Club fosters resilience in students, allowing them to enjoy outdoor play even in very cold weather. It also promotes learning about layering and dressing appropriately for various weather conditions.

Participation in the club is **voluntary**. *Students do not have to sign up for Polar Bear Recesses.* Parents are encouraged to discuss this opportunity with their children and decide whether it aligns with their preferences. Those interested in granting permission for their child to join the Polar Bear Club can sign the online consent form for their child(ren) to participate.

Students in the Polar Bear Club will have the choice to go outdoors or stay indoors on designated "indoor recesses". Outdoor time will not exceed 15 minutes, and outdoor recess will be canceled for everyone on days with a "Very High Risk" (-25°C or colder with wind chill) to ensure everyone's safety.

****Students who wish to join must have:****

- **Parental/guardian approval** with signed online consent form.
- **Appropriate winter clothing:** toque, mitts, snow pants, winter coat, winter boots. If a child forgets to bring sufficient winter clothing, they will not be permitted to join outside for that day.

If you have any questions regarding Polar Bear Club, please feel free to contact Mrs. Haugen - chaugen@brsd.ab.ca