

Indoor Recess for Lake Ridge

There are two major factors that would prevent us from holding recess outside. One is temperature and the other is air quality.

Our main concern is when students are exposed to cold temperatures for a prolonged amount of time. We consider this to be the longer lunch recess time- up to 33 minutes. The office monitors various weather reporting agencies for area temperatures, considering even wind-chill when checking for indoor recess. We use the District Memo of January, 2007 which lists below 28 degrees for indoor recess. With this in mind, if the students are dressed appropriately and do not have health problems that would be exacerbated by the cold, we send them out for a shorter period of time. (AM and PM recesses are only 13 minutes in length; by the time students get their cold weather wear on, this time is shortened substantially.)

Air quality is monitored using the website at www.cleanair.utah.gov . Indoor recess for all students would be when the PM2.5 is above 90. The air quality listed on the television stations is for wood burning stoves and general information – it doesn't give the proper health advisories with the "Particulate Matter" scales.

Please note: Parents, with the advice from their health provider, should inform the school if they believe their child is part of the "sensitive" group who should have limited outdoor physical activity when the air quality is poor.

There are also days that provide "surprise" weather factors. If unanticipated rain, snow or thunder showers come during the school day, we may have additional indoor recesses.

Information about temperature taken from Granite District Memo January, 2007

Information for Air Quality taken from Utah Department of Health January, 2009