



## *'No Inside Days' during recess times*



At Helen Gorman Elementary School, we highly value exercise and physical activity. Physical activity helps improve academic achievement and exercise helps students burn off excess energy so they can focus better in class. As such, students are encouraged to be outside before and after school and during recess and lunch, and are discouraged from being inside the school. All students will be going outside and are expected to dress for the weather of the day.

Students also go outside for their Daily Physical Activity breaks at least twice a day and need to be dressed for the weather for these short breaks.

On rainy and snowy days, students should make sure they are dressed appropriately. Students may wish to keep a bag of extra dry clothes in their classroom in case they get wet.



At Helen Gorman Elementary, there are many covered outside areas that students can be under if they choose.

One final reminder as the weather changes – a pair of inside shoes are a MUST. Running shoes or slippers are appropriate (\*Note running shoes will be needed in the gym for PE classes). Students need to be able to take off dirty boots, shoes etc., and leave them on the wet mats. This also helps keep the room and hallways drier and cleaner.



Thanks for helping us out at HGE!

