

Leander ISD Health Services

Cold Weather Guidelines

Fresh air and exercise is an important part of the school day. Time spent outdoors gives students the opportunity to engage in activities that allow them to relax from the structure of the classroom for a short period of time. It is difficult to set guidelines that fit every circumstance, please follow the general guidelines below to modify outdoor play.



Reminder: Notify school of illness

Cold Weather Guidelines	
Temperature / Wind Chills (feels like)	Outdoor Play
Between 35 - 32 degrees Fahrenheit	20 minutes
Between 31 - 25 degrees Fahrenheit	15 minutes
Below 24 degrees Fahrenheit	10 minutes or cancel

Check equipment and grounds for icy patches, including handrails.

Plan outdoor time for the warmest part of the day on extremely cold days. Consider skipping morning recess but add in an afternoon one as the temperature warms up.

Have students dress in layers. For example, ask parents to send students in heavy coat for the morning with a windbreaker underneath.

During our peak cold periods you may want to suggest for parents to leave a pair of gloves and hat at school "just in case" they might be needed.

Teachers may find that shortening outdoor recess time on really cold days is appropriate because of the extra time spent on putting on coats, hats, gloves to go outside.

Cold and Flu Season Tips

Here are some friendly reminders to help stay virus free this season:

- * Wash your hands often with soap and water for 20 seconds*
- * If soap and water not available, use an alcohol-based hand sanitizer*
- * Avoid touching your eyes, nose, and mouth with unwashed hands.*
- * Cover your Cough; Cough and sneeze into a tissue then throw it away, or cough and sneeze into your upper shirtsleeve, completely covering your mouth and nose*
- * Wash your hands after coughing, sneezing, or blowing your nose*
- * Disinfect frequently touched surfaces, and objects such as toys and doorknobs*
- * Stay at home while you are sick*

LISD follows the Texas Department of Health Guidelines for illness-related exclusions from school. A student will be sent home if they have a fever of 100.0 Fahrenheit or above or any other contagious symptoms (vomiting, diarrhea, etc.) and will need to remain home until symptom free for twenty-four (24) hours, and without the use of medications.