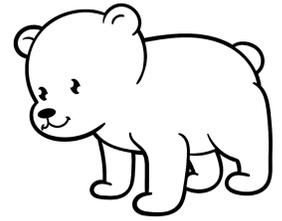


New Cold Weather Break Option for Jack Stuart School



JSS Polar Bear Club

<i>What is this club all about?</i>	It is a club to embrace our coldest days, to get fresh air with outside breaks every day.
<i>Who can be involved?</i>	Kindergarten to Grade 5 students!
<i>When will it take place?</i>	When temperatures are colder than -20°C but still safe to head outdoors for short periods.
<i>Where will it take place?</i>	Outdoors!
<i>Why is this club important?</i>	Active outdoor play has been shown to improve physical and mental health, as well as facilitate learning by increasing the duration of students' ability to concentrate.



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!

Jack Stuart School Polar Bear Club 2024/25

At Jack Stuart School, we face the challenge of indoor breaks 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 our JSS 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 Breaks.* Parents are encouraged to discuss this opportunity with their children and decide whether it aligns with their preferences. Those parents/guardians interested in granting permission for their child(ren) to join the JSS Polar Bear Club can sign the Online Informed Consent Form through "Online Payments & Ordering" on our school website at... <https://www.studentquickpay.com/brsd/>. Find the Informed Consent Form called "JSS Polar Bear Club".

Students in our Polar Bear Club can choose to play outdoors or stay indoors on designated "Indoor Break" days. Outdoor time will not exceed 20 minutes, and outdoor break will be cancelled for everyone on days with a "Very High Risk" (-27°C or colder with wind chill) to ensure everyone's safety.

Students who wish to join must have:

- Parental/guardian approval - Online Consent Form Completed.**
- Appropriate winter clothing:** toque, mitts, snow pants, winter coat, winter boots. If a child forgets to bring sufficient winter clothing, they would not be permitted to join outside for that day.

Jack Stuart School values outdoor play and introduces our new Polar Bear Club to allow students to enjoy breaks even in very cold conditions, fostering resilience and outdoor skills.

If you have any questions regarding Polar Bear Club, please feel free to contact your child's homeroom teacher, Ms. Easton and/or Mr. Sieben