



## Get Your Child Ready for a Fun and Fulfilling Winter Season



***While we may not be ski jumping or ice skating at Elmhurst Academy this winter, we do want our students to enjoy the outdoors even in the cold winter months! Here are a few tips to help make it an enjoyable and safe season.***

### **DRESSING APPROPRIATELY:**

Making sure your child is dressed appropriately for the outdoors is CRITICAL to the success of our program. There is no such thing as bad weather, only inappropriate clothing choices. Each classroom has a basket for each child to keep a full set of extra clothes, especially extra socks. Please make sure you dress your children in clothes they can get messy in. ***In the winter months, we expect that all children be dressed in the following clothing: lined, waterproof boots, snow pants, winter coat, warm socks, gloves/ mittens, and hat. No scarves are allowed due to potential choking hazard. Water PROOF materials are better than water 'resistant.'*** Please make sure all items of outerwear are labeled with your child's name.

- **The best materials to wear in winter:** *polypropylene/synthetic, wool, silk, or fleece.*
- **The worst materials to wear in winter:** *cotton and polyester.*

All clothing and footwear should be roomy enough to allow the body's own insulating layer to surround the skin. Several layers are often better than a single bulky layer.

Remember, Elmhurst Academy is a Nature Explore school that emphasizes the importance of nature and outdoor exploration in ALL weather.

\*Also note that your child may not experience cold in the same way that you do and resist overdressing them. Send extra clothes (especially socks) and know that teachers will be very diligent about when to insist children put on more clothing. Some of our favorite days have been cold and blustery!

*If you have any questions or concerns, feel free to contact Ms. Schaller, Nature Curriculum Specialist at [rshaller@elmhurstacademy.com](mailto:rshaller@elmhurstacademy.com)*