

West Coast Recess and Lunch Hours



As we approach our first full week and some potential changes in our weather forecast, we felt this might be the best time to share the following information regarding expectations for students at recess and lunch. During this pandemic many routines have been adjusted and altered. Health and Safety protocols, cohorts and minimizing physical contact make it tricky to provide classes with recess and lunch hours supervision the traditional way. This year, classroom Teachers will stay with their students while they eat their lunch and ensure that they all get outside to their designated play area for the rest of the lunch hour. Lunch hour supervisors will be outside with the students during their play time. On rainy days we will require students to be outside most of the time and this means that they must come to school prepared for the weather. With the fall season descending upon us and the expected rainy weather, we are going to be continuing with a “West Coast Recess and Lunch”. What does this mean? It means that we will minimize the number of days we consider inside days because of poor weather. Students will be expected to come to school prepared for the weather. Please ensure that your child is well prepared for rain on any given day (please see suggestions below). Students are encouraged to have a change of clothes with them at school in case they fall or get wet. Most Burnaby schools and many neighbouring Districts are running “West Coast Recess and Lunch Hour” programs.

Being Prepared for the Weather

Teachers will be speaking with their students about ways for them to stay dry if they do not bring the appropriate clothing. We encourage the students to:

- Wear a rain coat or rain poncho to school and during breaks
- Wear rubber boots (students will be reminded to change footwear by the classroom teachers)
- Wear rain pants if they have them (can easily slip on before going outside and take off quickly upon re-entry)
- Bring an umbrella
- Wear a hat
- Have a change of clothes (including socks and extra shoes) in a separate bag they can store in the cloakroom

Thank you for your cooperation. The Fraser Health Authority considers being outdoors and getting fresh air to be the most beneficial for students’ mental and physical wellbeing.