



## ÉCOLE WESTWOOD ELEMENTARY School District 43 (Coquitlam)

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Dear École Westwood Parents,

Extensive research has shown that outdoor play is a form of exercise that promotes well-being and wholesome physical development. Children are naturally drawn to active play outdoors.

In keeping with Ministry of Education mandated daily physical activity (DPA) and the need for outside play, the staff at École Westwood, with the support of the École Westwood PAC, adopted a West Coast recess model that has been adopted by many other schools in our district and our own Kindergarten students.

A West Coast recess simply means that all students will be going outside every day between 10:25 -10:40 am. Students need to come to school dressed appropriately for the weather every day. Students will be outside everyday rain or shine for 15 minutes during the recess break.

We ask parents to ensure that their child has a change of clothes or gym strip at school, especially dry socks, so that they can get changed if they get wet.

Thank you for your continued support,

The École Westwood Elementary Staff

