



# IS YOUR CHILD DRESSED FOR SUCCESS?



It's cold now and its time to bring in your winter woollies! All children need at least 10 - 20 minutes of direct sunlight everyday just to get enough vitamin D necessary for healthy growth and bone development<sup>1</sup>? They also love being outdoors in the fresh air and enjoy a change of environment. Sadly however, as we don't want any of our children to get sick from the cold, children who are not dressed appropriately cannot go outside. To avoid this, can all families please bring in the following items:



- A warm hat or beanie
- A warm scarf or neck warmer
- Warm Mittens or Gloves
- A warm jumper
- A warm jacket
  - A wet weather raincoat
  - Warm socks, stockings or tights (at least 2 pairs) in case they get wet
  - Spare clothes in case children get wet
- Warm shoes
- Gum boots for wet or muddy ground



<sup>1</sup> Dr Emily Senay, CBS News NEW YORK, Sept. 29, 2003