



## There is no bad weather, there is only bad clothing

For some children and families, experiencing cold or rainy weather is a new thing. Here are some frequently asked questions.

### Will children get cold and wet?

There is an old Scandinavian saying: "There is no such thing as bad weather, only bad clothing choices." While it can be applied to any season, it seems most relevant in winter. At Yarralea in order to support children to be dressed appropriately and get the most out of their all

weather play we provide a rain jacket and pants to each child participating in the Bush Kinder program. Families are asked to provide gum boots and spare clothes.

### Will children get sick from cold/wet weather?

Apart from Asthma which can be triggered by cold air, there is no evidence to show that wet weather puts children at greater risk of catching cold and flu viruses. Actually quite the contrary. See info

<https://healthbeat.spectrumhealth.org/put-your-coat-on-youll-catch-a-cold-myth-germs-winter-frostbite/>

### Is Yarralea sunsmart?

Yarralea is governed by our Sunsmart policy. Families are asked to apply sunscreen prior to attending and staff reapply every 2 hours thereafter when the UV is 3 or above. Children are also expected to bring their own hat and drink bottle of water.

### Dressing for cold weather

Layers are good as they can be removed as the day or the child warms up. E.g. singlet, thermal, Tshirt, jumper, warm hat. Children still need the freedom and ability to move their bodies so thin fabric like merino works well.



### What's best for COVID?

In relation to the COVID pandemic, one of the Department of Education and World Health Organisation key messages is "Early Childhood services are encouraged to operate their educational programs outdoors where possible to ensure optimum ventilation and reduced risk of coronavirus (COVID-19) transmission." This is something that Yarralea is widely recognised as doing well in both the indoor/outdoor home kinder program and Bush Kinder program.