



**Healthy  
Mind**

**Healthy  
Future**



18th Annual Child Health Research Days  
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ABSTRACT SUBMISSION FORM

## CHR D 2022: Abstract & Poster Submission Form

**Submitter Name**

Carson Ouellette

**Submitter Email**

carsonouellette@hotmail.com

**Presenter Status**

- Undergraduate Students
- Masters Student
- PhD Student
- Post-Doctoral Fellows
- Residents
- Non-Trainee

**Research Category**

- Basic Science
- Clinical
- Community Health / Policy

**Role in the project**

- Design
- Perform Experiments
- Analyze Data
- Write Abstract

**Title**

Exploring Key Informants' Perceptions of Weather Modified Recess

**Background**

Outdoor recess presents an opportunity for children to be physically active, socialize with their peers, and spend time in nature all of which contribute to their well-being. Inclement weather (i.e., extreme cold, rainfall, snowfall, wind, and heat) may detract from students' opportunities for well-being.

## Objective

The purpose of this study is to explore how schools, teachers, and administrators adapt their school day during inclement weather and how it impacts the well-being of students. Completing this research will provide decision-makers with information on the impact of indoor recess.

## Methods

A purposive sample was used to recruit teachers and administrators for semi-structured interviews. In total, eight teachers and administrators with an average of 11 years of experience were interviewed. The interviews were transcribed verbatim and analyzed using thematic analysis. A codebook was created based on subthemes that were selected from recurring ideas and further grouped into broader themes. Findings were discussed with a second researcher to add rigor.

## Results

Approximately 22 days of recess per year are modified or cancelled due to inclement weather. Three key themes were selected: teacher concerns, barriers to wellness activities, and consequences of indoor recess. Teacher concerns include frostbite, heatstroke, and students having wet clothes. Barriers to wellness activities consist of student unpreparedness, communication with parents/guardians, capacity (lack of space, lack of supervision), and rules (noise levels, keeping students in homerooms). Consequences of indoor recess include increased screen time, changes in student behaviour, lack of nature experiences and decreased physical activity (PA).

## Conclusion

Students' opportunities for PA, experiencing nature, and socializing with peers are reduced because of indoor recess. It is pertinent to children's well-being that these opportunities are maximized throughout the school year. Students may benefit from having an extra set of clothing suitable for inclement weather at school or creating designated spaces for PA and socializing during indoor recess.

## Do you have a table/figure to upload?

Yes  No

## Authors

- For each author, please click "[+] Add Item" and provide the author's information

Name	Email	Role	Profession
Carson Ouellette	carsonouellette@hotmail.com	Presenting Author	Other
Brenton Button	b.button@uwinnipeg.ca	Co Author	Full Professor

Gina Martin

Co Author

Full Professor