



## CHRD 2022: Abstract & Poster Submission Form

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### 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

A Scoping Review: Weather conditions and weather-related school policies on children's well-being during recess

## Background

School recess allocates time for children to participate in physical and social activities and spend time in nature, contributing to their overall health and well-being. Weather conditions and weather-related school policies may function as detrimental factors that impact these physical and psychological activities, providing potential implications for overall well-being.

## Objective

Using a scoping review, we aimed to examine the impact of various weather conditions and weather-related policies on factors that contribute to children's overall well-being during school recess.

## Methods

In consultation with a research librarian, search terms were selected, and searches were carried out in six databases. Data were extracted by two reviewers on the impact of "extreme" weather during the school day on children and youth.

## Results

Ten articles were included in the narrative summary. Literature examined was from Europe, North America, and Australia. Research articles included both quantitative and qualitative methods. Qualitative methods were used to analyze students' opinions and perceptions of weather conditions and weather-related policies on the quality of their school breaks. Quantitative methods, like accelerometers, were used to compute measures of physical activity during various weather conditions. Most articles emphasized school children's awareness of weather and its related policies as barriers to promoting physical activity when conditions were unfavourable (heavy precipitation, extremely cold or warm). Other factors that contribute to children's well-being, in relation to weather, are not well researched.

## Conclusion

The research on the impact of weather conditions and weather-related school policies on children and youth's well-being during school recess is in its early phases. Efforts are needed to explore other predictors of well-being in youth, such as social and emotional wellness and connection to nature. The existing literature provides a foundation for understanding how weather conditions and policies affect school children while also providing a basis for future research.

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

☐ Yes ☒ No

## Authors

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

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