

Brrrrrr.....It's Getting Cold Outside!!

Preparing for the Upcoming Winter Months

With winter months rapidly approaching, we can look forward to the weather that accompanies it. As the temperatures begin to drop it is important to prepare not only our homes, cars, and coffee pots for the cold weather, but also our children.

Be sure to monitor outdoor temperatures including wind chill and dress your children accordingly. The wind chill is a good reflection of how cold it feels when outside and should not be overlooked. When your children go outside on days when temperatures are below freezing, watch carefully for signs that they are becoming too cold or getting frostbitten. Signs include the skin color changing (it may pale, then turn red, and finally white-purple if allowed to freeze) or complaints of the skin burning or tingling. Frostbite can affect any part of the body, but the tip of the nose, ears, fingertips, and

toes are the most likely areas. Sometimes active children may think they are warm, but their exposed skin is still affected by cold and wind.

So that they can have some outdoor playtime each day, your children will need adequate clothing to protect them against the weather.

Winter also brings shorter daylight hours. Adjust outdoor play times to ensure that your children are not out during dusk or dark. Not only is it colder when the sun is not out, it becomes difficult to see children. Be sure their outdoor gear helps make it easy to see them—glow tape is a good option.

Ice and snow present some of winter's most interesting play opportunities. Children enjoy sliding on ice and piling up snow to build snowmen and snow structures. But ice and snow can also be hazardous. Watch your children closely

to prevent dangerous slips and falls. Also, check for ice and snow build up around doors and regularly salt or sand walking paths to prevent falls.

Always be prepared!

When Heatly is forced to close or delay school or to dismiss students early due to inclement weather or other emergency conditions, that information is reported on the school webpage.

Emergency closing information is also released to local TV stations WRGB (Channel 6), WTEN (Channel 10), WNYT (Channel 13), Fox News (Channel 23) and Capital News 9 (Channel 9).

The district also notifies the following radio stations: WGY (810 AM), WTRY (980 AM), WFLY (92.3 FM), WYJB (95.5 FM), WRVE (99.5 FM).

School News Notifier (SNN)

Parents who have signed-up for the School News Notifier service will get closing and delay information e-mailed to them directly.

Where to Seek Assistance

Fox 23 News is running their Coats for Kids program that provides gently used coats for less fortunate kids. Check out their website for more information.

<http://www.fox23news.com/content/coatsforkids/default.aspx>

Home Energy Assistance Program

HEAP is a federally funded program that provides heating benefits to supplement a household's annual energy cost. HEAP also provides emergency assistance for households in a heat or heat related energy emergency. Additionally, HEAP assists with furnace repairs and/or replacements for households with inoperable heating equipment.

<https://mybenefits.ny.gov/>

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