

## Wearing Outdoor Jackets in Class

Once again we have listened to students' and parents' voices. From now on they can wear outdoor jackets in class.

## TIPS FOR COPING WITH HONG KONG'S COLD WEATHER

Many students think that by wearing just one big overcoat, or ski jacket and wearing it all the time in winter they have prepared sufficiently for the cold weather.

The problem with just wearing an outdoor coat is that you have no alternative but to wear it all the time – indoors and out – if you want to keep warm, but there will be occasions in school when it will be necessary to take off a big outdoor coat in some lessons, because it is too heavy and cumbersome and downright dangerous to keep on:

e.g. p.e.; design and technology: technology and living; science, drama – which is about half the curriculum

Keeping an outdoor coat on indoors decreases your body temperature and when you go outside again your body feels the cold even more, in spite of having an outdoor coat on.

This is when your body is most likely to be at its most vulnerable and open to cold and flu viruses.

### Layer Up

The best way to dress for winter is to follow the 3-layer guideline of 'layering'. 'Layering' gives you flexibility to add or remove layers, depending on weather conditions and activity level:

#### 1. 'Wicking' layer

Thermal underwear (if it is too cold), vests or T- shirts

#### 2. Insulating layer

Jumpers, sweat shirts, sweaters, pullovers

### 3. Protection layer

The top coat, the big coat for protection from the elements – rain, wind, snow

The winter school uniform is designed to keep you warm in winter because it has the insulating and protection layer in the shape of jumpers, fleeces and overcoats.

You can add your own 'wicking' layer and in this way you can be really prepared for those cold days in winter.

Obviously, if it gets really, really cold, you will be able to keep your top coats on in the classroom but, generally, you will be a lot more comfortable in an active classroom without the protection layer on.

In conclusion, no matter how many clothes you wear, the best way to keep warm and healthy in winter – or any season – is to eat well, get plenty of exercise and go to bed at such a time that you get at least 8 and a half hours' sleep a night.

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