

-Policy for Outdoor Play at Leverstock Green Playgroup.

All children will be given the opportunity to play outside throughout most of the day / session whatever the weather.

It is important that you dress your child for Playgroup appropriately: warm clothes and waterproof coat when it's cold and wet; sun hat and sun cream when it's sunny. –and spare clothes. All labelled with your child's name. Parents will apply suncream before attending the session if needed and if a child stays all day 9-2.30pm we will re apply suncream at lunch(12-12.30) that playgroup provide , unless a parent provides their own suncream due to allergies.

Children get wet, muddy and messy when they play outside. We try to provide protective clothing such as aprons & wellington boots (we have some but are unable to provide the correct sizes for 24 children per session) for them to wear and we endeavour to get the children to wear them, some children will choose not to although we will actively encourage **all** children to wear the appropriate protection. However it is much better if you provide these for your child – **All labelled.**

We teach children how to minimise how messy they get and they do get better at this as they get older, but it's part of their learning and development – you cannot expect them **not** to get messed up playing in mud, water, with paints , chalks & sand. We believe it is far better to experience the activity.

We will not compromise on allowing children to play outdoors as we believe it to be an essential component of young children's learning and development.

Children must be allowed to experience the world around them in a full, messy, muddy, sandy wet environment if they are to make useful meaning of it.

Getting wet does not cause us to catch a cold. If the cold virus is around, we will pick it up regardless of whether we are wet or dry.

The benefits of outdoor play is

- Strengthening motor skills
- Improving overall health and muscle strength
- Encouraging independence
- Allowing children to use their large muscles and work off extra energy
- Improved cholesterol levels , blood pressure, bone density and more
- Absorbing Vitamin D
- Enhancing physical health and development
- Clearing out unwanted toxins
- Increasing large muscle use

Signed