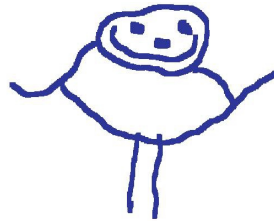


# St.Thomas' Nursery Information Leaflet.

*Information for parents.*

## *Outdoor Play*

**St.Thomas'  
Nursery**



St.Thomas Nursery

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*'If you think you can, you can'*

## *Be Prepared!*

*To ensure the children can play unrestricted outside, we need to make sure that they are prepared, "there is no such thing as the wrong weather, simply the wrong clothes". To support this we provide waterproof overalls for the children to wear during outside play, but the children all need wellies, a warm, waterproof, washable coat and a change of clothes.*



*We encourage the children to experience the weather; different, textures, wet, cold, mud, sand, soil. It is a really messy business so make sure your children are prepared for everything. Then nothing can stop them being comfortable, and able to enjoy the great outdoors to the full.*

*Outdoors is a risky business!*



We are all aware that the way children play outside today,

is very different and a little more restricted. It is therefore essential, that we provide an exciting and challenging space with interesting and open ended resources. Allowing the children to be inventive and creative, and take measured risks, with the support of sensitive adults who understand the principles of healthy risk and challenging play. We never underestimate what children can do, their potential and what they are capable of, because they are capable of so much.

Because of this, we allow them to play, wood, planks, real tools, heavy house bricks. We encourage the children to negotiate and discuss safe rules of play with each other, encouraging listening and sharing ideas. Helping them to develop an awareness of space as well as the needs of others. We ensure the children are safe by carrying out daily risk assessments of the area and check our environment thoroughly and we have a high ratio of staff to support play and interactions. We embrace a “can do” attitude when it comes to children and their capabilities, regardless of age, gender, culture or ability. “If you think you can, you can!”

## *Why is it so Important?*



*As part of your child's learning and development,*

*it is essential your child is able to play where they are most happy. This is the place they will learn most effectively and get the most from their nursery experience.*

*The outdoor space provides room to move, to react to nature and to stay fit and healthy using larger outdoor equipment to make our muscles and heart to get fitter and healthier*

*It is a place to explore and have big adventures and use open ended resources that have limitless possibilities. We can play on a bigger scale, take care of the garden and look after nature as well as hunt for bugs and listen to the birds, care for the nursery animals and be closer to nature.*

*We don't rely too much on obvious toys like cars and bikes, encouraging more creative and imaginative play. Children here have the freedom to explore in a safe environment and staff are always on hand to support them and develop their interests and ideas.*

## *The Key Benefits of outdoor play*

**The outdoors offers a sense of limitless adventure and excitement.**

**Girls consistently achieve better than boys, but research says that the way to improve this is to get them outdoors, boys are much more interested in movement, exploration, spacious freedom and action.**

**The EYFS states being outside has a positive impact on child development. It offers the opportunities to do things on a different scale than indoors.**

If you would like a paper copy, please see a member of staff in Nursery and they will be able to provide this. We are also able to provide copies with larger text if required.

*At St.Thomas Nursery we strive to work together in partnership with families to ensure the best possible outcomes for the children in our setting, in all areas of their development.*



## **Every Child Matters**

### **5 Outcomes for children**

Be Healthy

Stay Safe

Enjoy and Achieve

Make a positive contribution

Achieve Economic well being

