

## Open Door policy to Outside Play

It is very important that children are offered a safe, secure and stimulating outdoors environment to run around and play in, especially for those who are not fortunate enough to have a garden of their own. The extra space lends itself to fun and games that would not be so appropriate inside. We aim to provide a variety of play equipment and resources to appeal to children's interests.

As you may be aware from recent news reports, there is an ever-growing problem of childhood obesity. The Isle of Wight as a whole, is no exception, in fact we have some of the highest obesity figures in the country. Therefore to promote physical activity also promotes our healthy lifestyle ideals.

In line with the EYFS, we have a responsibility to encourage the children, staff and adults to be active. We aim to use our outdoor space for experiences and activities to promote all aspects and areas of development, not just physical.

Therefore unless extreme weather conditions prevail, the door should remain open the majority of the day. In extreme weather conditions either very hot or very cold, children are provided with physical equipment and games inside. The outdoor area will always be planned for with a dedicated member of staff to encourage children to join in the outdoor fun. Fresh drinking water is available inside and outside for children at all times. Children are always encouraged, never forced.

All that is needed is a pair of Wellington boots, old clothes, appropriate outside clothes, including hats, gloves and scarves, or an all in one weatherproof suit for your child. We do ask that all clothing is named so that we are able to return mislaid items quickly. During the summer months we promote the importance of sun cream, hats and shaded areas.

Early Years 2009