

It's time to change the
way we do playtimes...

Do you know that you have
the right to play?

UN Rights of the Child:
*Article 31 (leisure, play
and culture) Every child
has the right to relax,
play and take part in a
wide range of cultural and
artistic activities.*





Did you know that your playtimes equate to 20% of your time at school which adds up to 1.4 years of your school attendance.

At the moment children are restricted to playing on the tarmac playground with very little resources to play with, often told to "get off the grass"



WE WANT TO CHANGE THIS...

To this...

<https://www.youtube.com/watch?v=cm7IfAEsjqI>

OPAL

Outdoor

Play

And

Learning



Outdoor Play and Learning (OPAL) Primary Programme is an award-winning mentor-supported school improvement programme, addressing all the areas schools must plan for if they want to improve the quality of their play opportunities.

OPAL is the only programme of its kind that has been proven to improve the quality of play in British primary schools.

Its success comes from a series of actions undertaken with the OPAL mentor. This embeds play into school's policies and practices and establishes clear guiding principles and strategies for initiating changes at playtimes. The results can be transformational in even the more challenging school environments.

What this means for playtimes...

Children will have access to different parts of the school grounds including the field all year round (except in extreme weather)

The school grounds will be split into different zones where different aspects of play will take place e.g. a sand pit, digging area, mud kitchen, stage, small world areas.

Loose parts play will become the norm... tyres, cable drums, crates, pallets, den building, cardboard boxes, dressing up

Expectations and rules for using resources will be explained during 'Play Assemblies'

Lunch time staff are now 'play leaders' and have been trained to promote positive play

Outdoor play will be accessed in most weathers so wellies/coats/spare clothes will be a must!

The benefits for children...

An OPAL approach promotes a more inclusive play environment in which all children can feel comfortable to express themselves.

A rich play environment offers diverse opportunities for a range of play forms.

They can develop life skills such as cooperation, teamwork and problem solving.

They can become motivated and enthusiastic builders, engineers, explorers and designers.

Children learn better when they are healthy and happy, and playtimes offer an opportunity for both.

Benefits of outdoor play in nature include increased varied physical activity, reduced risk of obesity, improved cognition and academic achievement.

Spending quality time outdoors helps children feel calmer, helps process their day and builds the holy grail of capabilities: resilience.



Your role...

To give pupils at Newdigate a voice!



To help us understand what the children want...
maybe types of equipment, maybe more of
something, maybe opportunities to develop new
ideas about something

To help our school celebrate great play

To help us maintain great resources by
ensuring everywhere is tidy and looking out for
any broken resources



We want to ensure that every child has at least one hours outstanding outdoor play every school day!

