

Thursday 21st September 2023

RE: Clothing for Outdoor Play

Dear parents / carers,

At Chapel Street, we believe that children should have access to outdoor play every day, regardless of the weather!

Why is outside play so important?

- Fresh air has a positive effect on mental health and well-being.
- Children use up lots of energy and come back inside ready to listen and learn.
- It helps promote a healthy lifestyle and makes it less likely that children will become obese.
- Undirected, free-play outside allows children to learn to share, negotiate and solve problems.

What if it is raining or cold?

- Children should bring a waterproof, named coat to school every day and will be encouraged to put it on if it is cold and/or raining at play time.
- Children can bring wellies to keep on their peg, if they want to splash in puddles.

What if my child does not have a coat?

- Contact the school office and we will do our best to help.

Remember

- Catching a cough or cold is a normal part of childhood and should not prevent children from accessing their education.
- Being cold cannot make you catch a cold – colds are spread by viruses.
- We encourage all our families to complete the NHS form for your child and return it to school so your child can receive their free flu vaccination this winter.

Thank you for your support.

Yours sincerely,



Mrs Kate Ortoft
Inclusion Assistant Headteacher

