



Chapel Street Nursery School

Outdoor Learning

We know that many families in Luton and the surrounding areas live in high rise flats or accommodation where an outside space is not readily available. As the NHS recommends at least 3 hours of physical activities per day including outdoor play for children aged 2-4years old, we ensure that children have access to the outdoors for around half of their session.

Being outdoors not only improves physical health, it is also crucial in developing children's self-esteem, confidence and independence as well as having a positive impact on mental health.

We aim to offer children a sense of freedom, a chance to play adventurously and take risks. Children learn to respect and enjoy their environment whilst learning how to manage risks and keep themselves safe. Adults support the children to challenge themselves, and to test their capabilities, whilst providing support and ensuring that risks are 'reasonable'.

The children enjoy planting, exploring, running, climbing and building; offering opportunities for them to work together to problem solve while using their creativity and imagination.

Our outside area allows children to connect with nature including using their senses; touch, sight, hearing, smell and taste. It also allows children to explore their natural environment and the world around them, identifying different animals such as birds and insects and planting.

We develop our pre-phonics skills in the garden by identifying different sounds we can hear from vehicles to birds.

At Chapel Street Nursery School, we believe 'There is no such thing as bad weather, only unsuitable clothing.'

Children will be outside in all weather conditions (except where weather is dangerous) and we ask that you send your child in suitable clothing for every season. Clothing should be warm and easy to move around in, layers of clothes are best so children can take off items as they get hot through moving around. Children will need wellies, hats and scarfs and gloves – again these can be removed or added as required by the child. As the weather improves these can be replaced with sun hats and sun cream.

We do have a number of all in one waterproofs and some spare wellies.