

Our Nursery Newsletter



Friday 7th May 2021

It was lovely to be able to get out and about on our school minibus this week. We are only able to take a small group at a time so if your child did not take part this week it may be next week or the week after. This week we visited Croxteth Park. The wellbeing and health of our children has never been as vital as it is at the moment. Being outdoors amongst nature is proven to be a key contributor to good mental health. Enjoying physical activity is also associated with happiness and lower levels of worry. Many studies show that children who spend time outdoors are "smarter, happier, more attentive and less anxious than children who spend more time indoors". Being able to spend time in a local park with the children was a target for staff in Nursery as soon as our risk assessments allowed us to do so, it seems like such a long time since it was possible.

Why nature is good for children's minds-

- It builds confidence. The way children play outdoors is different to playing indoors.
- It promotes creativity and imagination. The unstructured style of play allows children to interact meaningfully with their surroundings.
- It teaches responsibility. Looking after the environment and living things we see around us.
- It provides different stimulation. Nature may seem less stimulating than maybe a game on an iPad or computer but in reality it activates more senses.—you can see, hear, smell and touch outdoor environments.
- It gets children moving. Playing ball, riding a bike -even a walk will get the blood pumping . Exercise not only is good for children's physical development but also makes them more focused, which is especially true for children who do find it hard to concentrate.
- It makes them think. Nature creates a sense of wonder for children that no other environment can provide.
- It reduces stress and fatigue.

The children were well behaved and a credit to you, their parents and to our school.

Nursery Staff