

Dear Parents and Caregivers,

Thank you for your participation in KidActive's Active Outdoor Play and Learning program.

Research shows that children are healthier and more successful in school when they have increased opportunities for active outdoor play and learning in natural and enhanced outdoor spaces. Nature and outdoor spaces are an important part of a healthy school environment and healthy child development.

Participation in a KidActive program will involve high levels of physical activity in an energetic, supportive and inclusive environment. Being dressed for the outdoors and well fueled helps every student have fun and fully participate in the program.

Program Objectives:

1. Increase knowledge of physical, mental and social health and well-being
2. Develop skills to support outdoor active outdoor play and learning during and after school, for at least 60 minutes per day
3. Integrate curriculum links to active outdoor play, active transportation and active outdoor learning
4. Build connections between our health and well being and healthy community and the natural environment
5. Enhance collaboration between students, educators, parents and schools to build healthier school and community environments

Every step of our school programs connects to the curriculum and builds physical activity, a connection to nature and healthy community concepts in a supportive and inclusive environment.

Playing and Learning Outside

KidActive programs take place outside in the schoolyard » We will be outdoors in all weather except lightning/thunderstorms or extreme cold. Please help make this a positive experience by helping your child dress in clothing layers. This will enable them to add or remove clothing as their temperature changes. *Please note the chart at the right »*

Food for Physical Activity » The level of activity in our program may be higher than that of a typical school day. It is important that the students are well-fuelled, so please take extra care with a **hearty breakfast** to start the morning and a healthy lunch with nutritious snack. Include things like: **fruits and vegetables, whole grains, meat or alternative protein and cheese or yogurt.**

Positive Results » Your kids will likely come home with new ideas and games to play in your backyard, the schoolyard or a local park. If your child asks you to go outside and play, then we have accomplished a part of our goal! Your support is important to reaching our additional goal of increasing every child's active time spent outside. Together in our communities, homes and schools we can all contribute to raising healthy, active and happy children. We look forward to participating with your kids in this KidActive School Program.

Yours in fun and learning,

The KidActive Team

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Outerwear Recommendations

FALL/SPRING

- warm under layers
- warm fleece or wool sweater
- closed toed running shoes
- rain gear (waterproof boots, rain jacket, rain pants)
- hat to block the sun

WINTER

- snow pants, jacket
- winter boots
- mittens and toque
- water repellent pants and jacket
- outdoor shoes or rain boots
- bring extra socks

SUMMER

- t-shirt and additional layers if necessary
- closed toed running shoes
- rain gear (waterproof boots, jacket, pants)

For cold and wet conditions, layers of wool and/or synthetic (polyester) fabrics offer warmth, comfort and protection. Avoid cotton.

The following links provide valuable information for nutrition and physical activity resources:

Canada's Food Guide to Healthy Eating

www.healthcanada.gc.ca/foodguide

The Heart and Stroke Foundation of Ontario

www.heartandstroke.com

Healthy Schools 2020

www.healthyschools2020.ca

