

Active Play and Outdoor Policy

Deer Lake Child Care believes there are many values in learning outdoors. Children benefit greatly from fresh air and the opportunities to actively move their bodies. Children are able to learn new concepts and ideas when they are in a calming outdoor environment and able to connect classroom ideas to real life.

Children will have daily opportunities to be outdoors for learning. If a child is not feeling well enough to go outside they are not well enough to be at the child care setting. Children must have the appropriate clothing at the child care setting each day to be confident and comfortable to learn outdoors.

Children in this preschool age require frequent opportunities for active movement. This active movement helps children to regulate their bodies, focus and learn. In addition to the scheduled outdoor times regular changes in the routine and activity level within the indoor program will be throughout the day (dancing, climbing games etc.)

Our full day program aims for 1.5 hours each morning of outdoor time and the same in the afternoons

Our Part day program aims for a minimum of 1 hour of outdoor time for each three hour session.

The only exceptions for this outdoor time are when there is extreme weather (ice storms, extreme wind, below -4 or above 30 degrees) When possible the children will still go outdoors for short periods, with safety being the main focus