



Dear Families,

16.01.23

We are excited to share with you that we are about to start a programme in conjunction with OPAL (outdoor play and learning) to improve opportunities for:

- physical activity,
- socialisation,
- wellbeing,
- co-operation,
- coordination,
- resilience,
- creativity,
- imagination,
- enjoyment through improved play.



OPAL has won the best active schools' programme in Europe award and been cited in two Parliamentary Reports as outstanding practice. OPAL is working closely with Sport England to promote more active childhoods.

As a school we strongly agree that: "**Play is freely chosen, personally directed, intrinsically motivated behaviour that actively engages the child. Play can be fun or serious. Through play children explore social, material and imaginary worlds and their relationship with them, elaborating all the while a flexible range of responses to the challenges they encounter. By playing, children learn and develop as individuals, and as members of the community**" (Play Council).

OPAL is based on the idea that as well as learning through good teaching, children also learn when they play, **and as 20% of their time in school is playtime**, we want to make sure that this amount of time (equivalent to 1.4 years of primary school) is outstanding in its offer.

The experiences the school is fostering are essential for children's **physical and mental well-being and health** and in line with all current good practice advice on health, safety, well-being and development.

Headteacher: Laura Constanza
Deputy Headteacher: Hannah Lintern

Telephone: 01278 722527
email:office@catcottprimary.co.uk

We are committed to safeguarding and promoting the welfare of children and young people and all staff share this commitment. If you have a concern about the welfare or safety of child please speak directly to Mrs Constanza (DSL) or Miss Lintern (DDSL).

www.catcottprimary.co.uk

The school will be supported by OPAL for 18 months and there will be an opportunity later in the year for parents to come and see for yourself what is happening and join in too! If in the meantime, you would like to learn more about the OPAL Primary Programme, please have a look at the OPAL website. You will be able to learn all about the programme and watch several videos on their website (outdoorplayandlearning.org.uk)

We recently obtained the views of our pupils about current playtimes to benchmark the position and as this will be a whole school project would also welcome the views of parents. We therefore invite you to complete the survey by following the link. **The deadline for completion is Monday 30th January.** If the final comment box, please put your child's house colour and they will be awarded a dojo point.

<https://www.surveymonkey.co.uk/r/ZQPR9VK>

Thank you for your ongoing help and support,

Hannah Lintern