



St. John's Catholic Primary School

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10th January 2025

Dear Parents/Carers,

At St John's Catholic Primary School we are about to start a programme to improve opportunities for physical activity, socialisation, cooperation, coordination, resilience, creativity, imagination and enjoyment through improved play.

In what ways, if any, do you think you benefited from playtime? Thinking about your own childhood, what did you like playing at school or at home? Children today don't have the same freedoms we once did, so we want to give children back time to really enjoy and learn from play. After all, it's a child's basic human right.

The Outdoor Play and Learning (OPAL) Primary Programme is the result of over 20 years of testing and development in over 800 schools and has been used in Spain, Canada, France and New Zealand. The programme has also been adapted and used in schools in Slovakia, Czech Republic, Hungary, Poland and Austria under the Play Friendly Schools project. In 2018, OPAL won first prize in an EU-funded award for the best active school's programme in Europe and two UK national playwork awards. In 2019, OPAL was awarded a quarter of a million pounds by Sport England to bring the programme to many more schools.

OPAL is based on the idea that, as well as learning through quality first teaching, your children also learn when they play. 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 as good as possible.

One reason our school is carrying out this programme is that childhood has changed, and many children no longer get their play needs met out of school.

- Average screen time per day is six hours.
- Average outdoor play time per week is five hours.
- Percentage of UK children who only play outdoors with other children at school is 56%.

There are many proven benefits for schools that carry out the OPAL Primary Programme. They usually include: more enjoyment of school, less teaching time lost to disputes between children, fewer accidents and improved behaviour during break and lunchtimes.

Play is not messing about. It is the process evolution has come up with to enable children to learn all of the things that cannot be taught, while also having so much fun. There are certain things children **must** have in order to be able to play. These include:

- Having clothes that they can play in.
- Having things to play with.
- Having a certain amount of freedom.

As our school improves play opportunities for your children, you may find the school is asking you for resources and is making changes about how the children use the school grounds. They may use more of the grounds, for more of the year. Your children may get a bit messier, be exposed to more challenges and have greater freedoms to play where, with whom and how they like. The experience at St John's Catholic Primary School are fostering are essential for children's physical and mental wellbeing and are in line with all current good practice advice on health and safety, wellbeing and development.

We will be supported by OPAL for 18 months and there will be an opportunity to come and talk to the OPAL mentor. If you would like to learn more about the OPAL Primary Programme, please have a look at the OPAL website (www.outdoorplayandlearning.org.uk), where you will find lots of useful information and several videos about the programme.

The project will start in week commencing 20th January 2025 and our hopes are that it will change the way we think and how we play together. To facilitate this project, we will need to buy some new resources, move some things around on the playground and require some loose parts. Loose parts are any materials that can be easily moved, combined, and incorporated into children's free play. The items we are looking for will enable us to enjoy a wider range of play experiences during playtime (see below for some examples):

- Suitcases of any size and type
- Anything on wheels/castors
- Plastic milk crates/supermarket delivery crates/plastic bread trays
- Briefcases, especially hard cased ones
- Road signs and cones
- Kitchen pots, pans, baking trays, work tables, wooden spoons, chopping boards
- Tools like small spades/shovels, trowels and brooms
- Tubes of various sizes and various materials
- Buckets
- Nets and thick ropes
- Keyboards/torches/laptops/calculators/mobile phones/desk phones/webcams/cameras that are no longer working
- Fabric (large sheets/brightly coloured fabric)
- Foam sheets/bodyboards/camping roll mats/yoga mats
- Wooden pallets

- Metal frames
- Cable drums
- Guttering
- Noodles (the type you use in the swimming pool!)
- Hats/scarves/jazzy shirts/elasticated skirts/waistcoats/wedding dresses/character costumes
- Pegs (to help to set up dens)

We will be holding a collection week beginning Monday 13th January 2025. The sooner we do this, the sooner the children will be able to play with the items! Please do not bring your donations in before this date as we will have nowhere to store them. If objects are really large, such as wooden pallets, we will ensure that there is someone available to help you carry them into school.

In the coming 18 months you will be invited to events where you can come and see for yourselves what is happening and have the opportunity to join in too. We will also be sharing our journey via social media on a new OPAL Facebook page where you can support us.

We are really excited about this project and hope that you will support us in our efforts to improve playtime for all children.

Best wishes

Mrs K O'Rourke
Headteacher