How do we manage Messy/Water Play at Woodside Preschool?

We encourage and support all children to play outside in all weather conditions (unless heat or wind/storms make it unsafe)

- In Summer our Sun Protection Policy is followed by all adults and children and we set up play environments in shady areas
- In winter children (and adults) are encouraged to wear warm hats, rubber boots and coats when outside.
- Staff try to ensure that all children are wearing rubber boots when involved in winter water play, and we have 4 spare pairs of boots for children who have left theirs at home.
- If it is raining children will only be allowed outside if wearing raincoats with hoods.
- Staff support children to locate and change into dry clothes as necessary
- We will not be outside if there is a weather warning in place or staff assess the conditions as unsafe.

How can parents support children’s adventurous outdoor play at kindy?

- Send along hats, coats and boots (depending on the season) everyday, or leave them at Kindy throughout winter
- Provide spare clothes, including socks, and label all clothes to help staff return items to their owners
- Encourage your child to be independent in their dressing - start by encouraging them to dress themselves and to recognize their own clothes
- Staff will always watch out for coughing/unwell children but if your child is suffering from a cold or recent asthma attack and should not be outside, it is safer to keep them at home. Children can become distressed if they are not allowed to play outside when their friends are out there and it can make for a very long kindy day.

‘The world is mud-luscious and puddle-wonderful’

E.E.Cummings
The Facts about Colds and Flu

Myth: You can catch a cold by being out in the elements too long.

You have probably heard the old saying that going outside in chilly weather, and staying there too long, makes you "catch" a cold. Not true, says D.J. Verret, MD, an otolaryngologist in Dallas. "Going outside — with or without a wet head — is one of the best things you can do to prevent catching a cold. Actually being cold has nothing to do with your risk of catching a cold. Colds are caused by viruses or bacteria which are more often spread in the winter because of close contact from everyone being indoors." That's right, spending time outdoors can make you less susceptible to those nasty germs.

healthyliving.msn.com

Asthma, viruses and the flu

The common cold causes up to 80% of reported asthma attacks and is commonly spread through the air or on hard surfaces when the infected person coughs or sneezes.

Influenza (flu) is caused by one particular virus. There are several forms of the flu virus, and each can change over time. Flu causes only a small percentage of asthma attacks.

Webmd.com

How does cold, damp weather affect asthma?

Asthma is a lung complaint that narrows the airways, making breathing difficult. The body responding to an allergy generally triggers an asthma attack, but cold, damp air can make breathing difficult for those with asthma. During the winter months, anyone diagnosed with asthma should take special care to wrap up well and take their prescribed medicine or inhaler regularly.

Winter can expose people with asthma to a number of potential triggers. Cold and damp weather may instigate an attack, or at best make breathing more difficult than in warmer months. There is a greater likelihood of catching a cold during winter, and this can make breathing hard for those with asthma. Cold weather drives us indoors, and exposure to indoor triggers of asthma increase the chance of suffering an attack. The drying effect of central heating and efficient insulation may also contribute to triggering an asthma attack.

If the cold weather is a definite trigger to asthma attacks, taking two puffs of your 'reliever' inhaler (the blue one containing a bronchodilator) may be helpful in preventing an attack. Those with asthma are advised to consult their GP before the onset of cold weather to discuss if their asthma treatment should be changed to account for the wintry weather.

Asthma Australia .org.au

Why we love outdoor learning in natural play spaces

We believe that each child has a right to a learning environment that engages the heart mind, body and spirit.

We believe that we can support children to think more deeply and expand their desire to learn through play and exploration, spontaneity and risk taking.

We believe that children have a natural sense of wonder and curiosity and have the right to a vibrant and flexible learning environment which provides powerful resources and builds connections with the natural world.

Woodside Preschool Philosophy Statement

Open-ended and unstructured outdoor play in natural play spaces helps to develop learning dispositions such as confidence, resilience and persistence. These skills help prepare children for life, not only for ‘the more formalised structure of schooling’.

Too often these days risk-aversion prevents children from making accurate judgements and accurately assessing their capabilities. Through long periods of uninterrupted play children learn that they are trusted and trust themselves in their problem solving and decision making abilities. When educators follow children’s leads and children listen to each other’s ideas, problems are solved and learning is optimised.

Real learning occurs outdoors when the senses are ignited, curiosity is aroused and children explore nature.

Developing a love of nature and a sense of belonging also promotes a desire to support a sustainable future.

‘A sense of belonging’ to the earth is the first step to ‘being’ at peace within it. With these in place we will be more able to solve what is to ‘become’ of our fragile planet into the future.

With thanks to Ruth Garlic — ‘Nurturing Nature’

Australian Children’s Education and Care Quality Authority