

Outside Time 0-5

Policy/Approach:

Southern Oregon Head Start provides daily outdoor play opportunities for infants, toddlers and preschool-aged children to promote their health and development. The “outdoor classroom” is designed for children birth to 5 to safely explore and engage in curriculum opportunities in the natural environment with peers and adults. Our program policy is that if your child is well enough to attend school, they are well enough to go outside in a safe and supervised environment. When inclement weather occurs, the children are provided items such as rain boots and warm clothing to support each child’s outdoor play. Head Start families are encouraged to bring an extra set of clothes and appropriate shoes to support their child’s outdoor play. Families also are encouraged to support their child’s outdoor experience by participating in outdoor play activities with their child and the teaching staff.

Head Start Program Performance Standards:

1302.31(e)(4) Promoting learning through approaches to rest, meals, routines, and physical activity

DELIC – Department of Early Learning and Care:

414-305-0500 – Supervision of Children (2)

414-305-0520- Program Schedule (D)

414-305-0525 – Activity Plan for all Children (2), (6)

Procedure:

1. Teachers will ensure that outside time and outdoor curriculum activities are included daily.

Program	EHS Duration	EHS PD	HS Duration	HS PD
Required Outside Time	60 minutes (30 minutes of which may be moderate to vigorous indoor activities)	20 minutes for infants (as tolerated) and toddlers	90 minutes of active play	30 minutes

2. Outside time includes intentionally planned activities to meet the needs of each child. Outdoor learning environments and activities will be documented each week on the lesson plan. This should reflect the interest of the children and be changed with the study/theme (HS and Older Toddlers).
3. Center staff will work together to ensure the outside environment is set up, engaging and ready for children daily. This includes access to all outside areas, bikes, and other items stored overnight.
4. Teachers will educate families on the importance of outdoor play for healthy child development from birth to 5, and plan activities that include both family and staff engagement in outdoor play.
5. Centers will ensure that outdoor supplies will be available for children during inclement weather (e.g. rain boots, jackets, and warm clothing).
6. Centers will follow guidelines regarding air quality and temperature advisories issued by the Safety Resource Manager.
7. If a center is combining outside times amongst classrooms, they must adhere to the youngest age ratio (Infant Young Toddlers 1:4, Older Toddlers 1:5) and follow the correct OCC licensing square footage permitted per child.
8. **EHS:** A separate safe space must be available for non-mobile infants.