



Exciting news



Mrs Dickson

Acting Assistant Head Teacher

k.dickson@goodshepherd.notts.sch.uk

I have some very exciting news to share!

We are about to start an 18 month programme to improve opportunities for physical activity, socialisation, cooperation, coordination, resilience, creativity, imagination and enjoyment through improved play. It is called OPAL (Outdoor Play and Learning).



Scan the QR code to see OPAL in action!

If you would like more information, you can visit the OPAL website
www.outdoorplayandlearning.org.uk

What is OPAL?

The 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 good 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 (and fun!) as possible.

One reason the school is implementing this program is that childhood has changed significantly due to the increased use of technology, this means:

- 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 include: more enjoyment of school, less teaching time lost to disputes between children, fewer accidents, and improved behaviour.

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

The project will start in Advent 1. This is when all year groups will be able to mix on all playgrounds (zones). In Advent 2, new resources will be introduced. 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.

Your Voice Matters!

Help shape our school's future by completing this survey:



<https://forms.office.com/e/UzREBVyeG4>



We need you!

TO HELP GET OPAL PLAY OFF THE GROUND

PLEASE DONATE

We are looking for the items below to enable our children to enjoy a wider range of play experiences during playtime:

- 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
- Pegs (to help to set up dens)
- Metal frames
- large sheets of fabric
- Foam-sheets/bodyboards/camping roll mats/yoga mats
- Wooden pallets
- Cable drums
- Guttering
- Noodles (the type you use in the swimming pool!)
- Hats/scarves/jazzy shirts/elasticated skirts/waistcoats/wedding dresses/character costumes
- Keyboards/ torches/ laptops/ calculators/ mobile phones/ desk phones/ webcams/ cameras that are no longer working

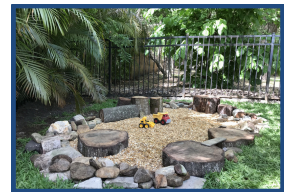
Environment transformation

If you can offer resources or building skills to contribute to our water or gravel adventure area, we would love to hear from you!

We want to turn this...



into this...



And this...



into this...



Can You Lend a Hand?



FREE
Breakfast
Cob
for helping!

<https://forms.office.com/e/bhyRZzNiYr>

We'd love your support on **Saturday, 31st August from 9-12.**

Please fill out the form to let us know if you're available.

Thank you!

Collection

We will be holding a collection week beginning **Monday 16th September 2024** 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.