



# **A Guide for Parents**

**at**

# **RDM School**

**By Primary 5/6**

# Why Outdoor Learning?

Outdoor Learning helps us learn about nature and science and to respect the environment. We are learning to be safe outdoors and it helps us to work together co-operatively. It can prepare us for life by working on challenges. By learning to take risks, we can work out how to deal with risk when playing and adventuring in the outdoors, ourselves. We can develop our numeracy and literacy skills in an outdoor setting and also our sense of adventure. Learning and enjoying the outdoors is good for our health and our mental well-being. It helps us stay active and encourages us to be eco-friendly.

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# Rationale

*Outdoor Learning contributes to delivering the Scottish Government's overarching strategic objectives towards 'creating a more successful country'.*

**Smarter** – It allows links to be made between the curricular areas that can be developed in the outdoor environment, such as science and literacy or numeracy and social studies. It also promotes wider thinking and life-long learning skills.

**Healthier** – Developing an interest in the outdoors through this type of activity can lead to lifelong recreation and ultimately improved physical and emotional well-being.

**Safer and stronger** – Through play and learning activities in the outdoors, children learn to develop skills to manage and assess their own safety, through sensible and guided decision making.

**Greener** – Regular experience of working and playing in a natural environment helps pupils develop respect for their surroundings and understand the importance of sustainability and Scotland's place in the wider world.

**Wealthier and fairer** – Learning outdoors allows pupils the opportunity to develop co-operative, problem solving and observations skills as well as encouraging pupils with different needs and interests an opportunity to shine in an alternative environment.

## Outdoor Learning Rules

- Respect the environment
- Cross the drive with an adult
- Don't eat anything outside
- Listen and follow all instructions
- Return to the meeting point when you hear the 3 whistles
- Wear appropriate clothing
- Wash your hands at the end of a session



## Clothing Advice

- Warm, waterproof jacket
- Wellingtons or trainers/boots
- Waterproof trousers (if available)
- Spare socks in a school bag
- Hat and gloves (winter)
- Cap/sunscreen (summer)

