



Wellbeing Newsletter January 2022



WHAT A WONDERFUL THOUGHT
IT IS THAT SOME OF THE BEST
DAYS OF OUR LIVES HAVEN'T
EVEN HAPPENED YET.
—ANNE FRANK

We can boost our children's wellbeing by spending more time outdoors.

Many children are missing a vital connection. Studies carried out pre-pandemic showed that, on average, each young person plays outdoors for just four hours a week, half the time their parents spent outside as children.

Government research found that 10% of children had not been to a natural environment such as a park for over a year. While 'green time' decreases, 'screen time' is increasing.

Three and four years olds are spending an average of 14 hours on a screen per week, and 4% of five to seven-year-olds have their own social media profile.

Lockdowns during the Covid 19 pandemic have meant many children's lives have been spent indoors even more. Does it matter? The overwhelming answer is yes! Children need regular time outdoors in order to feel good and function well.

As time spent in nature has fallen, issues such as sensory difficulties, obesity, anxiety have gone up. A third of primary-aged children are classified as overweight. Most adults find that time outside in nature restores their equilibrium, and this is true for children too. Being outdoors is linked to physical and mental health benefits, and research shows that feeling connected to nature leads to reduced stress levels, improved concentration and behaviour and better sleep rhythms.

So why not consider a family New Year's resolution to enjoy outside more.

Should you have any worries, questions or concerns about your child that you think I may be able to help with then please do not hesitate to contact me using the email below.

Mel Schofield

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