



# MEDIA 2011

## Article for Summit Sun on health and wellbeing

'Physical activity is an important part of being healthy' *NSW Health*

Where better to practise this than in the great outdoors! Outdoor learning places are a place for adventure and risk taking, moving away from a philosophy of protection and 'cotton wool children' to a philosophy of resilience where children can take measured risks and learn from their experiences.

The outdoor environment invites open-ended interactions, spontaneity, and connection with nature and natural materials. Being active builds strong bones and muscles, improves balance and helps children's overall health and wellbeing. NSW Health recommends that children should be physically active for at least 3 hours per day. Hope the winter season is a happy and fun time for you and your family, with lots of opportunity for active outdoor play.

Yours in education and care

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