



## Westcoast Recess and Lunch at Birchland



### What is Westcoast recess and lunch??

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Students coming to school prepared to play  
outside during both their  
recess and lunch break.

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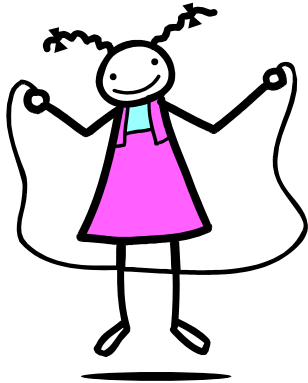
Birchland Elementary School

[www.sd43.bc.ca/elementary/birchland.ca](http://www.sd43.bc.ca/elementary/birchland.ca)

*At Birchland we believe in promoting a  
healthy lifestyle for our students.*

Run

Skip Rope



Play

Soccer



## BENEFITS OF OUTDOOR PLAY

- **Fitness** - children learn behaviours of balance, planning and strength when tossing a ball, crossing the monkey bars or playing four square.
- **Health** - active children burn calories and build muscle decreasing the chances of child obesity.
- **Stress release** - physical activity and play gives children a much needed break from the concentration needed for learning.
- **Social Skills** - children learn to cooperate, help, share and problem solve through supervised unstructured play.
- **Improvement in Learning** - physical activity helps children to be more attentive in the classroom.

## HOW CAN PARENTS HELP?

- Ensure that your child is dressed appropriately for the weather before leaving for school.
- Talk to your child about the benefits of outdoor play.

