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Did you know that the average child spends around 1200 hours a year using a screen. The 1000 hours outside initiative can be started anytime and aims to match (almost) screentime hours with those outside, because of the health benefits of being active and outdoors.

For more information search – 1000hoursoutside.com



We need your help! Jude (Forest School Leader) has promised to host a brilliant Forest School day for the whole nursery and preschool with an outdoor picnic-style snack and all day Forest School inspired activities in exchange for your **collective 1000 Hours Outside.**

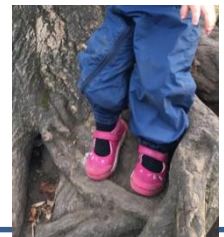
What do I need to do?

Children at home – let us know how long you were outside (full or half hours), all you need to do is post on Facebook or Instagram using the hashtag #arlesdene1000outside or email Jude with a photo - forestschool@arlesdene.herts.sch.uk of your child, and time outside. Photos of backs of heads, feet or hands only are fine! Full and half hours will be logged.

Optionally, you could add a quote from your child or a short description of what you found.

E.g. #arlesdene1000hours we spent ½ hour looking for red leaves and balancing on tree roots!

“The roots are hard and bumpy!”



Children coming in to Preschool and Nursery –

We'll log each half and full hour spent outdoors in our brilliant garden and give you regular updates!