

# Q1 OUTDOOR ACTIVITY

Ottawa-Carleton District School Board  
Building Brighter Futures Together @OCDSB

## Q1 What are some things that the OCDSB is doing well to support learning and well-being?

**Daily playing outside.** This is so important, kids need lots of unstructured play time and outdoor time.

4.4 ★★★★★ (21 👤)

*Elementary Parents and Guardians - 4*



**Outdoor activities are great. Outdoor field trips. Some teachers give no homework but have students work hard in class! I support this.** Students deserve fresh air and learn life skills on field trips. They also deserve family time and rest once they get home.

4.3 ★★★★★ (26 👤)

*Elementary Parents and Guardians - 3*



**Including more movement and outdoor interactions in the learning day.** The brain works better when the heart is pumping and the air is fresh. Both help manage stress for staff and students

4.3 ★★★★★ (21 👤)

*Elementary Parents and Guardians - 4*



**Outdoor activity** Recess is outside and unstructured.

4.2 ★★★★★ (22 👤)

*Elementary Parents and Guardians - 4*



**JK: open activity & learning; 2hrs play outside/day;social and self-regulation.** JK: loves moving! And is given space to learn and grow.

4.2 ★★★★★ (21 👤)

*Elementary Parents and Guardians - 2*



**having more outdoor education and partnering with the ottawa nature school** fantastic shift towards connecting students with the outdoors, should continue into older grades-have class outdoors!

4.2 ★★★★★ (17 👤)



*Elementary Parents and Guardians - 3*

**Grade 2: My child needs more outside playtime. She would be less restless and more focused in class. She only gets 20 minutes, twice daily.** Helps her unwind, get some fresh air, have sometime to play and connect with her peers.

3.9 ★★★★★ (22 👤)



*Elementary Parents and Guardians - 2*

**Learning schedule is good, lots of time for outdoor play** Engaged kids and encourages physical activity

3.9 ★★★★★ (22 👤)



*Elementary Parents and Guardians - 2*

**My kid's school is taking them outdoor often even in winter. There's indoor gym too. It's good for kids to have some physical exercises**

3.9 ★★★★★ (18 👤)



*Elementary Parents and Guardians - 3*

**Having kindergarten students play outside for extended periods helps manage their energy and fosters a love of the outdoors and nature.**

3.8 ★★★★★ (25 👤)



*Elementary Parents and Guardians - 1*

**I love how big a part of their learning outdoor play is** I'm not sure if it's just RPPS or OCDSB-wide, but unless it's really, really cold or pouring rain, the kids are still outside playing and learning.

3.8 ★★★★★ (25 👤)



*Elementary Parents and Guardians - 4*

**There is lots of physical activity and outdoor play.** emphasis on health and activity is so important and for children's learning.

3.8 ★★★★★ (24 👤)



*Elementary Parents and Guardians - 4*

**In JK exposing the kids to many different group activities and lots of outdoor time.**

Encourages working together and communication. Fresh air outside and physical activity is critical to strong, healthy and well rounded kids.

3.8 ★★★★★ (16 👤)



*Elementary Parents and Guardians - 3*

**Opportunities for children to explore through nature based education (unfortunately it has not been an initiative at OPS) Children thrive when they get outdoor time. They can leave MANY curriculum concepts while exploring outdoors.**

3.8 ★★★★★ (15 👤)



*Elementary Parents and Guardians - 3*

**Making sure children go outside, no matter the weather. Children need to be outdoors for their health, away from screens and sedentary behaviour.**

3.8 ★★★★★ (5 👤)



*Elementary Parents and Guardians - 4*

**Recognizing the importance of play The school has a stimulating outdoor place for pre-schoolers to play.**

3.7 ★★★★★ (26 👤)



*Elementary Parents and Guardians - 4*

**Outdoor activities including weekly trips to the forest to discover This is by far my favourite element of my child's school, it makes such a difference.**

3.6 ★★★★★ (23 👤)



*Elementary Parents and Guardians - 2*

**Experimenting with new ways of teaching and engaging kids. My son has been doing "forest school" this fall. Getting kids outside and moving is a great way to engage the brain and body.**

3.6 ★★★★★ (22 👤)



*Elementary Parents and Guardians - 4*