

Allowing Outdoor Time in Public School Curriculum

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History

Surprisingly, there is not much history to this topic. The only thing relating to this topic is studies relating to how outdoor time affects kids. These studies show that Outdoor time during school helps boost performance during school, mental health, and physical health.

Source:

<https://www.pacificoaks.edu/voices/education/the-importance-of-going-outside-for-youth-education/#:~:text=Going%20outside%20is%20good%20for%20the%20brain.&text=Outdoor%20learning%20has%20also%20been.from%20the%20National%20Wildlife%20Federation.>



Issue

Most schools have little to no outside time during the school day. Kids are locked inside a building for 6-7 hours, and can't even go outside during gym class. This can cause kids to lose focus throughout the day and perform poorly the later school goes on.

Solution

A solution to this problem would be to have break time in between classes, where students are allowed to go outside. Some classes could even move their class outside to teach. This could boost focus of the students, improving their focus and effort in class. This action would not be required but highly recommended.

What can you do?

Here are some ways to help out:

- Contact your local school's representative. This could convince them to include outdoor time in their curriculum.
- Talk to people in your community about this topic. The more people who know about this, the better chance of change actually happening.

Step One



The first plan of action would be to get in touch with the superintendent of Jefferson County Public Schools. Informing the superintendent of this information could persuade him into making this plan a reality. From there, he could easily inform school principals about this information, causing the school to involve outdoor time. The picture to the left is showing a teacher moving his curriculum outdoors.

Questions??

Thank You!!