**Active Play Policy**

As per new policy of the Fraser Health, there is a minimum of 60 mins outdoor play and 180 mins physical activity throughout the day.

We will be taking the daycare children for outside play for 60 mins everyday.

The remaining 120 mins of active play will be distributed throughout the day in the form of yoga, music and movement, dance.

For the preschool, the children will be taken for outside play daily for 30 mins and will have a 10 min yoga/dance time.