

Cyflwynwyd yr ymateb hwn i'r [Pwyllgor Plant, Pobl Ifanc ac Addysg](#) ar [Bil Addysg Awyr Agored Breswyl \(Cymru\)](#)

This response was submitted to the [Children, Young People and Education Committee](#) on the [Residential Outdoor Education \(Wales\) Bill](#)

ROE 11

Ymateb gan: Bwrdd Iechyd Prifysgol Caerdydd a'r Fro

Response from: Cardiff and Vale University Health Board

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We welcome the new Residential Outdoor Education (Wales) Bill and believe it has the potential for positive health outcomes for the children. We believe this legislation will have the following benefits:

- Reducing inequalities by ensuring all children are given the opportunity to receive residential outdoor education.
- Spending time outdoors in nature has large amounts of evidence for health benefits, including improved wellbeing, relaxation, increased physical activity, immune system boosting, socialisation, and improved general health.
- Spending time outdoors in nature can lead to improved nature connectedness which, in addition to the mentioned health benefits, also leads to greater care for the natural environment. Spending time in these places will help children learn to care for and protect these spaces.
- The inclusion of Welsh language options is important for cultural identity and equality.

As the residential weeks will not be compulsory, it will be important to monitor characteristics of those not taking up the offer, to ensure no disparity between different groups.