



Dear Parents,

We are now able to run a Forest School within the school grounds. It is planned that this year 2024-25 that all year 4 children should have a 'Forest School experience'.

The Forest School Leaders are Mrs Welch and Mrs Wareham.

Please read the following important information and contact us with any questions.

### **Information about Forest School**

Forest School is run by trained Leaders and aims to build up children's skills, abilities, and confidence week by week through practical hands-on activities in the outdoors. It gives them the chance to explore, learn and discover at their own pace in a safe and supportive space.

Forest School uses natural resources to stimulate imagination, creativity and investigation.

Activities can include:

- Woodwork using tools, e.g., making musical instruments, jewellery, decorative items
- Natural art
- Fire lighting
- Using knots and lashings
- Shelter building
- Bug hunts

There are many benefits to Forest School.

For example, it can:

- Develop physical abilities and help participants to stay active and healthy.
- Heighten self-awareness and improve emotional and social skills.
- Promote cooperative and group working.
- Encourage children to take care of themselves and others.
- Foster care, appreciation and respect for wildlife and wild places.
- Broaden knowledge and understanding of the natural world.

### **Safety at Forest School**

There is always a high adult to participant ratio at Forest School. At least 1 adult to 8 children.

All activities are thoroughly risk assessed before the start of each session and Leaders continue to monitor the safety of the group as activities progress.

There is always a trained first aider present at each session and a written emergency plan to follow.

### Who will be running the Forest School sessions?

Sessions will be overseen by Forest School leader Mrs Welch or Mrs Wareham. They will be assisted by school staff or DBS qualified parents.

### What your child needs to wear for Forest School.

The Forest School sessions will take place entirely outside in the school grounds whatever the weather. We will provide a shelter from the elements, but it is still important that your child wears clothes that are waterproof and warm and that are OK to get wet and muddy.

Please ensure all clothes, boots and bags are named.

Your child should wear:

- Waterproof coat
- Waterproof trousers (if they own a pair)
- Wellington boots (or sturdy walking boots)
- Comfortable long trousers
- Comfortable, warm long-sleeved top or fleece
- Long sleeved T-shirt.
- Thick socks if the weather's cold - thermal if possible or two pairs of thinner ones.

### **It may be wise to provide spare clothes in a named bag on very damp days.**

For warmer weather please provide a sun hat, sun cream and suitable loose clothing.

Due to the nature of Forest School and the time spent outdoors, it is possible that children may encounter Ticks. Information about to do if a tick is found on your child's body can be found on this NHS website [TICKS](#) .

The dates that your children will be attending Forest School will follow on a separate document.

We hope that the children are as excited as we are!

Mrs Welch and Mrs Wareham