

Dear Parents/Guardians,

I am training to be a Level Forest School lead and we aim to become a recognised Forest school by the end of 2024. As part of my qualification, I need to plan, run and assess a 6 week session of Forest school with my class. These sessions will take place on Thursday afternoons from **Thursday 2nd May**. These sessions will be there P.E. sessions for the term.

Forest school is an opportunity for your child to experience nature and the outdoor environment in a safe, secure and hands on way.

Our 'forest' is a small area within the school grounds, this includes the quad, the field and the small wood adjacent to our field. Once qualified, we will have an area known as the fire circle where children can socialise, and where we will have campfires. We also use a range of tools in this area under 1:1 supervision. **There will be no fire or use of tools at this time until we have received our full qualification.**

Our wood is a mixture of Scots Pine, Common Hazel, Blackthorn, Ash, Field Maple, Common Hawthorn, and Common oak. In addition to the trees and plants, there are old wood piles to attract insects and small birds to our site. The children are encouraged to investigate & explore but also to respect all living things

Research suggests that children learn best from first hand experiences. Exploring, playing and problem solving within the forest school aims to encourage learning using a range of activities (both designed by the leader and instigated by the children themselves). Building a sense of independence, high self-esteem and team work are important parts of forest school, but health and safety considerations are always of paramount importance.

The 'forest' area we use is fairly dry but has a lot of sticks and plants underfoot. To ensure children are sufficiently protected from the weather and the forest school environment, and can participate fully and comfortably in each session we advise the following clothing. Please bring a change of clothing and include a carrier bag for wet/muddy items. This clothing may get muddy so old clothes are best. Inhalers will be taken down to the site.

Children must wear long sleeves and long trousers in **both** winter and summer to protect them from insect bites, sunburn, stinging nettles and thorns.

Winter clothing - Long sleeved top/jumper, long trousers, warm hat and gloves, wellies or trainers (no open toe shoes) and waterproof coat or other coat.

Summer clothing - Light long-sleeved top, light long trousers, sun hat/cap, sun cream, wellies or trainers (no open toe shoes).

Please ensure your child has a water bottle on this day. Refreshments will also be provided. This will include a biscuit and drink (hot chocolate or juice depending in the weather). Please inform us of any allergies or dietary requirements your child may have.

For more information about Forest schools, please read the accompanying leaflet. If you have any questions or concerns regarding forest school please do not hesitate to contact Miss Angela Davis for more information.

I am looking forward to working with your child this term and hope they can share their experiences with you.

Your Sincerely,
Miss Angela Davis