

*What does my child need for a Forest School session?*

*There is no such thing as 'bad weather' just bad clothing.*

*Forest School sessions will take place in all weather conditions. The only weather which may cause a cancelled session is strong winds or thunder and lightening. Apart from that, we will be braving the elements and enjoying nature.*

*We ask that your child wears:*

- *Full school uniform (tops) with black jogging bottoms and trainers.*
- *Wellington boots/ walking boots/ old trainers*
- *Waterproof coat (with a hood if possible)*
- *Hats and gloves in winter*
- *Sun hats and sun cream in summer*

*On rainy days waterproofs are recommended but not essential.*

# Forest School



## Parent Information Booklet

## **What is Forest School?**

Forest School is an approach to learning which focuses on the enjoyment of being outdoors with an approach that aims to enrich the whole child.

Children will learn practical skills alongside opportunities to support emotional, social and spiritual development.

Forest School sessions will promote opportunities for your child to:

- Learn new practical skills
- Learn Forest School skills
- Develop communication / teamwork/ leadership skills.
- Investigate the natural world around them.
- Learn to manage and take safe risks.
- Develop confidence and self-esteem.
- Have FUN!

Forest School sessions are run by Mrs. Mac who has achieved Level 3 Forest School Leader and is supported by Mrs. Conlan. Mrs. Mac is also qualified in outdoor first aid.

### **Activities at Forest School:**

- Problem solving
- Looking after the environment
- Den and shelter building
- Woodland arts and crafts
- Tool use
- Fire lighting and outdoor cooking

Forest School sessions run for 6 weeks (a half term). These take place on Wednesday afternoon. Children should arrive at school ready for Forest School, bringing with them their wellington boots.

(Please see kit list for more information on the next page)