



## Forest School



“Let nature be your teacher”  
William Wordsworth

### **FOREST SCHOOL INFORMATION FOR PARENTS**

Mobile number: 07908121891

## What is forest school?

‘Forest School is a child-centred inspirational learning process, that offers opportunities for holistic growth through regular sessions. It is a long-term program that supports play, exploration and supported risk taking. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting.’

[Forest School Association]

<https://forestschoollassociation.org/what-is-forest-school/>

Children are given the encouragement to direct their own learning. After a period of settling and observation we are able to develop the children’s individual interests. We build on their knowledge, skills and confidence. We react to the ever-changing natural environment. The range of activities on offer is as diverse as the children taking part and takes advantage of natural resources and seasonal changes.



## Where will the children be going?

We are extremely fortunate to be so close to the common and St Johns wood. We set up a base camp in the woods (across the road from St Johns Church). We generally start our session at base camp. We develop interests and learn new skills. We gather together to have a snack, drink and story.



We often go for a walk after our snack. Walks can take on a physical element: a visit to 'the climbing tree', running on the common, games, splashing in muddy puddles, wading through long grass, climbing and sliding at the 'ups and downs'. Physical activities help develop gross and fine motor skills.

We stop to observe our natural environment; noticing plants, trees and animals, listening for sounds and feeling the elements. We foster an appreciation of the natural world and a respect for our environment. Being in the natural environment is a great prompt for language development and communication.

We take part in games and shared challenges, helping each other along the way and developing interpersonal skills.



# When and where do we meet?

- Meet at St Johns Hall.
- Hang bags and anything we are not taking to the woods on your usual pre-school peg. Spare shoes for our return go on the blue shoe trolley.
- Last trip to the toilet. (We take a potty to the woods and still change nappies but it is helpful if the children come to us toileted and ready for action!).
- Dress children for Forest School.

9.10am - drop off. Staff will meet the children outside and take them through the side door for registration.

12.10pm - pick up from main entrance. (1.10pm if doing lunch club).

# What do the children need to wear?

## Winter





Guidance leaflet:  
Dressing for the outdoors  
in cold & wet weather



Playing and learning outside can be fun in all weathers as long as you have suitable clothing. Being cold makes a once enjoyable activity a miserable experience! Use our guidance leaflet to help you to stay safe and comfortable whilst outside.

**Dressing for cold or wet weather**

**Accessories:** Extremities get cold very quickly and so these are essential. Hats with ear flaps are especially cosy. Neck gaiters are better than scarves as they can be pulled up over cold faces and they don't dangle into mud. Waterproof gloves are essential for the outdoors. Waterproof mittens are sometimes easier and warmer than gloves.




**Body layers:** Lots of thin layers are best as they can be added or removed as necessary. Consider a thermal base-layer, t-shirt and warm fleece under a coat. Depending on the weather a warm coat may be worn under a waterproof jacket. Non-waterproof coats become very cold once wet and so waterproof coats are essential. They also help to block out wind and protect your clothes from dirt.



**Bottom Layers:** Thermal leggings make a huge difference in cold temperatures. Layer over some fleece tracksuit bottoms. Waterproof trousers are essential to block out cold wind and rain. They will also protect your clothes from getting dirty.



**Footwear:** Fleece socks are a must in cold weather. Cold toes can be very painful. Wellies don't offer much insulation and so snow boots are the best choice in very cold weather.



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## Summer

- Comfortable long trousers or leggings. long trousers protect skin against sunburn, bites, stings and scratches.
- Long sleeved t-shirt. We recommend long-sleeves to protect skin against sunburn, bites, stings and scratches.
- A jumper – ideally a lighter weight fleecy one, and nothing you would worry about getting damaged or muddy. (Zips make it easier to get on and off).
- Socks.
- Wellies or old closed-toe shoes (NB shoes will get wet and muddy if it rains and when children join in water play). No sandals or flip flops.
- Sun hat.
- It can still rain in the summer, so it helps to have waterproofs available.

**Extras:** apply suncream and bring a named water bottle.

## Please name clothing

When we find clothing with a name in, we can easily return it to the right child.