Thursday 4th May

Dear Parents/Carers

Mrs Kelly will be leading a series of 6-8 sessions with a small group of children from Year 3 and your child has been selected to take part. These sessions will take place every Friday afternoon commencing on the 21st April with the final session to be decided at a later date. The sessions are to take place within the school grounds.

Please read the following important information, fill in the Parent School Agreement and return it to your child’s class teacher.

**Information about Forest School**

These sessions aim 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 co-operative 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. All activities are thoroughly risk assessed before the start of each session and Mrs Kelly continuously monitors the safety of the group as activities progress. Mrs Kelly is a qualified outdoor first aider and will record all accidents and inform parents/carers.

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

Mrs Kelly (Class 3 TA) will be leading the Forest School sessions as she has recently undergone training.

**What your child needs to wear for Forest School**

The Forest School sessions will take place entirely outside on the school field 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.

Your child should wear:

• Waterproof coat

• Waterproof trousers (if they own a pair) or clothes they are ok to get muddy.

• 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.

If you have any questions regarding Forest School please don’t hesitate to talk to Mrs Kelly.

Yours faithfully,

Miss Barker

Headteacher

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I, being the parent/carer of ………………………………………………………………………………………………………… agree/do not agree for my child to participate in the Forest School activities at St Paul’s Peel Forest School.

Signed ……………………………………………………………………………. Date……………………………

If you have agreed to allow your child to attend Forest School, can you please provide any information regarding allergies, medical conditions or information you feel is relevant in this box