

## What Clothing will my children need ?

The school will provide the children with waterproof dungarees. The children should have wellies in school and children will use these.

## How are children kept warm in cold weather?

There are shelters and the offer of lots of physical fun helps to keep the children moving and warm. Providing some warm clothing is essential.



## What will I need to provide? Forest School

A Sun hat and cream applied by the parent is recommended for warm weather.

A warm coat, wooly hat, scarf and gloves are advised for cold weather.

A long sleeve top and trousers or leggings will help protect from scratches and stings.

## Who will be there ?

The sessions will be run by Mrs Nicola Durrant who is a Level 3 qualified Leader and a member of the Ashleigh staff.

She has over two years experience of assisting Forest School practice and outdoor paediatric First Aid certificate.

Other members of teaching staff will also be supporting sessions.



## What is Forest School ?

Forest Schools originated in Denmark and were introduced to the UK in 1995. There are now many operating within schools and independently all over the world.

### Forest Schools have 6 key principles

1. It's a long term learning process.
2. It takes place in a woodland or natural environment.
3. It promotes holistic learning and development and supports them to build confidence, resilience, independence and creativity.
4. It offers learners the opportunity to explore appropriate risk.
5. It is child -led and follows the children's interests.
6. It is facilitated by a qualified practitioner with high staffing ratios.

## What will my child do at Forest School ?

- . Discover Nature.
- . Play in the mud kitchen.
- . Use the swing or hammock.
- . Use tools such as loppers, secateurs or bow saw under close supervision.
- . Play games
- . Craft activities using natural resources
- . Exploring within defined boundaries

Activities are provided but the children will chose what to do. Sessions follow the children's interests and a typical session will involve a mix of games and physical and craft activities with plenty of free time to explore.

## Will Forest School be cancelled in poor weather ?

Sessions take place in all seasons in all weathers. In extreme conditions such as strong winds or thunderstorms sessions may be cancelled.