Abbey Forest School

Dear Parents/Carers

During this academic year, Abbey Infant School will be offering the provision of Forest School to enhance your child’s learning experience.  Forest School aims to engage children and young people with the natural environment. Activities have a strong emphasis on raising self-esteem, confidence and independence. An integral element of the sessions are that children will experience the outdoors and in all weathers, during their block of time.

Class RGD will be starting Forest School on Friday 22nd September 2023 and it will continue for six weeks, until Friday 27th October 2023.  **Your child will be unable to take part without your consent.**

Forest School supports children to care for themselves, for each other and for their natural environment. They may have the opportunity to use hand tools such as bill hooks and fixed blade knives, where they will work 1:1 or in a small group with a trained member of staff. We will also be learning about fires and their uses. We have very robust safety mechanisms in place to ensure that the safety of your child is paramount. Forest School adult to child ratios are higher than normal to ensure adequate supervision and all relevant risk assessments and health and safety procedures are in place to ensure risks are minimised. All Forest School sessions are led by a qualified teacher with Forest School training.

Here at Abbey, we are really excited about offering this opportunity to our children and we know that the experiences and skills that they learn will support them throughout their lives. Forest School is part of your child’s curriculum, so if your child is not able to take part in a session for any reason then they will require a note from home.

**The Permission Form included in this email will be sent home with your child to enable give your consent by Friday 15th September 2023.**

If you require any further information about Forest School please speak to your child’s teacher.

Thank you for your support.

**Forest School Clothing**

A part of the ethos of Forest School is “there is no such thing as bad weather, just bad clothing”. With comfortable and appropriate clothing, all children can enjoy the Forest School experience in all weathers.

It is recommended that all children wear the following kit for the days they take part in Forest School.

Boots – we find that a good pair of walking boots are much better than Wellington boots. Plastic wellies offer very poor insulation and children’s feet quickly get cold. If they must wear wellies, then several pairs of socks are essential. **Please ensure they have other shoes to change into when they have finished their session.**

Long trousers – both in summer and winter, to keep warm and to protect from scratches, bites and sunburn.

Long sleeved top – both in summer and winter, to keep warm and to protect from scratches, bites and sunburn.

Hat (for sun or warmth depending on the season) and gloves.

Layers of clothing appropriate to the temperature and the season – in winter the children will need at least three layers to keep warm. It is best to avoid cotton next to the skin as it absorbs water. It is always better to be hot and take layers off, than to be cold with nothing to put on!

These should be old clothes or clothes that parents/carers do not mind getting dirty.

**Please send your child’s uniform in with them in a bag, so they can change should their Forest School clothes become dirty/wet**

School will provide waterproof trousers and waterproof coats where needed.