

Dear Parent

It is great to be able to offer Forest Schools again to the Acorn class at Osmotherley. These sessions will take place every other Thursday afternoon **beginning this week** on Thursday 12th September for Years 1 & 2; and Thursday 26th September for all the class (including Reception).

All sessions are led by Mrs Bridge - a qualified Forest schools instructor, with the support of Mrs Holding (Teaching Assistant) and Mrs. Howlett. We are always looking for extra help so if you are interested in volunteering please contact the school as even parents need to be DBS checked.

Forest Schools is all about developing the whole child, their confidence, self-esteem, and social skills, as well as improving their knowledge and understanding of the rich and varied natural environment, which links in very well with our science curriculum. Risk assessments are carried out for all the activities we will undertake.

On Forest school days, children **may** come to school dressed in their forest school gear but must have clean shoes (not wellies) for the classroom. Children need to have a change of clothes (including spare socks and underwear) as there is always the possibility of returning to school muddy and wet. They can then change into their dry clothes before going home, especially if using a taxi. A plastic bag will be needed for muddy wellies. **Your children need to be able to dress themselves so please teach them these skills.**

It is very important that the children be prepared for cold, warm or wet weather. If you know that your child suffers from the cold, please make sure that they wear extra layers of clothing. It is **essential** that even if it is warm that children wear **long sleeved tops and trousers/leggings** to prevent stings, scratches, grazes and ticks. We do have a limited number of waterproof leggings and wellies that children can borrow. Forest schools is only ever cancelled in windy weather, snow and rain are simply a good challenge.

I have included a kit list with this letter.

Thank you for your support.
Mrs Bridge

Forest Schools' Kit List

What to Wear:

ESSENTIALS

Wellies/walking boots (must be able to tie their shoelaces, no sandals!)

Socks (2 pairs in very cold weather)

Jogging bottoms and/or leggings (please no jeans these are very cold when wet, legs must be covered - no shorts!)

Long sleeved t-shirt (even in warm weather as it prevents nettle stings, scratches and ticks!)

Waterproof trousers, in wet weather or working in river/mud.

Change of clothes - including spare socks and pants, (yes pants are a good idea, despite waterproofs, water still seems to get this far sometimes!)

A plastic bag **with their name on** to put dry or wet and muddy clothes in.

Cold/Wet Weather

Warm jumper or fleece.

Warm coat and/or Waterproof Coat.

Warm hat and Gloves (please **name these**, as they tend to get lost)

Warm Weather

Sunhat

Prospective **Forest School Dates** this half term are:

Thursday 12th September (Years 1 and 2)

Thursday 26th September (All Acorns)

Thursday 10th October (All Acorns)

Thursday 24th October (All Acorns)