

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** on Thursday 20<sup>th</sup> January 22' for all the class (including Reception).

All sessions are led by Mrs Bridge - a qualified Forest schools' instructor, with the support of our teaching assistants and parent helpers. 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 **must** come to school dressed in their forest school gear with their wellies in a bag. Clean shoes must be worn in the classroom! Children may return to school after the session wet and muddy so a change of clothes (including spare socks and underwear) may be required if they are going home by car or taxi. Any spare clothes for changing into needs to go in a **NAMED CARRIER BAG**. **Your children need to be able to dress themselves so please teach them these skills.**

It is very important that the children are 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 shoe laces, 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 and trousers.

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

### Warm Weather

Sunhat

Suntan lotion

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

Thursday 20th January

Thursday 3<sup>rd</sup> February

Thursday 17<sup>th</sup> February