



Ettington Church of England  
Primary School

Wednesday 2<sup>nd</sup> November 2022

Dear Parents,

Reception class will be starting Forest School sessions next week, on Tuesday 8<sup>th</sup> November.

### *What is Forest School?*

Forest School is the name of an approach that educates children in the outdoors by giving them the opportunity to explore nature. Children are exposed to carefully planned activities but have the freedom to initiate and direct their own learning by choosing activities that they want to do. They are encouraged to take risks and can do so in a safe and stimulating environment which is supervised at all times.

### *What are the benefits of Forest School?*

Forest School will help your child to develop the following skills:

- Communication
- Perseverance
- Resilience
- Responsibility
- Independence
- Social skills
- Increased self-esteem

### *What happens during the Forest School session?*

**The children come to school in their Forest School clothing.** In the morning we will walk to our Forest School site (in the corner of the school field).

Each session begins at 'base camp' where we talk through the safety rules. I will introduce a focus which could be linked to this term's topic, related to the site or the time of year.

The children will then move freely around the site exploring and carrying out their chosen activity.

At the end of the session the children return to base camp for reflection time.

### When does Forest School take place?

Every **Tuesday** morning. If there are any dates that change then you will be notified via Tapestry.

### What does my child need to wear?

The children need to come to school in their **Forest School clothes (non-uniform)**. Please make sure your child has layers on to help them keep warm! They will need to wear:

- Warm clothing: long sleeve top; jumper; trousers; warm socks (or 2 pairs!)
- Hat and gloves
- **The school will provide the children with waterproof clothing.**
- Please make sure your child has a pair of **wellington boots** at school. They will change into their wellies before each Forest School session. We will keep the wellington boots at school so they don't need to bring them home each week.

**Please make sure all clothing is labelled.**

### What can you do to help?

Ensure that your child wears appropriate clothing for Forest School every **Tuesday**. Talk to your child about what they have done at Forest School.

### Our Forest School Rules

- **Look after our Forest School site**
- **No pick** *we do not pick anything that is growing*
- **No lick** *we do not put anything in our mouths*

If you have any questions please come and speak to me or send an email via the school office.

Yours sincerely

**Sarah Hudspith**

**Reception Teacher**