

### *What should my child wear?*

*Cold Weather: We will provide wellington boots and fully waterproof suits. You should ensure that your child is wearing a pair of long, warm trousers, a tee-shirt and jumper and a warm winter coat together with a warm hat.*

*Warm dry weather: Light cool clothing is essential but both their trousers should be long and their tops long sleeved.*

*They should wear sturdy trainers or boots (no sandals or light-weight shoes will be allowed). Please apply sun cream prior to their arrival at nursery and provide a sun hat.*

### **What if it rains?**

Forest School will go ahead in almost all weather as the children are provided with the clothes that will keep them warm and dry

If the rain is persistently heavy, there are high winds, thunderstorms or other very bad weather then the session will be cancelled. Regular checks are made throughout sessions to ensure that children are warm and happy.

### **Food and drink**

There will be fresh drinking water available throughout and a snack will also be provided half way through each session.

### **Medication and First Aid**

Your child's medical requirements are checked before each session and their medication taken in the first aid bag.

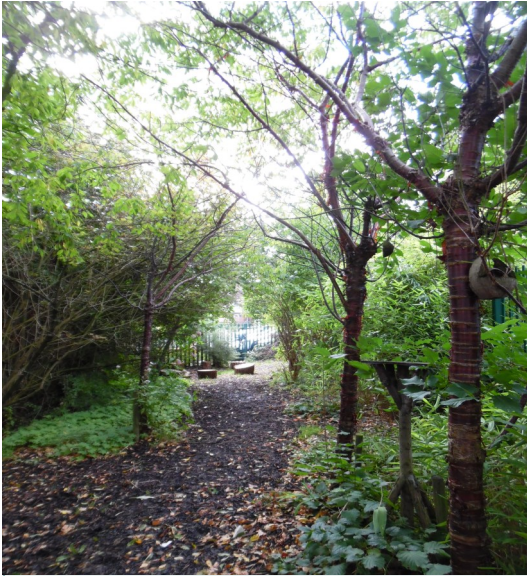
Sian has a current paediatric and outdoor first aid certificates and the first aid bag is checked and restocked prior to every session.

## **Forest School**

### **Information for Families**



*Atherstone Nursery School  
Sian Case Forest School  
Lead*



## What is Forest School?

Forest School is an inspirational process that offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on child-led learning experiences in a woodland or natural environment with trees. By participating in engaging, motivating, and achievable tasks and activities, in a woodland environment, each participant has an opportunity to develop their emotional and social skills.

### THE BENEFITS:

- Children are stimulated by the outdoors and typically experience, over time, an increase in their self-belief, confidence, learning capacity, enthusiasm, communication and problem-solving skills which all contributes to their emotional well-being.
- Individuals who might be unfamiliar with woodlands and green spaces can become confident in using them and caring for them and this can form the basis of a life-long relationship with the natural world.
- Children are physically active for the majority of the time and therefore their stamina improves.
- Children taking part naturally learn to assess risk and are encouraged to make sensible and informed decisions about how to deal with unfamiliar and unpredictable situations such as exploring or climbing trees or making a shelter. Much of their learning comes as a result of the opportunities they have for testing their own abilities in a real life context.

### What happens during a forest school session?

**A full risk assessment of the area and the planned activities is undertaken prior to every session to ensure your child's safety.**

**Each session last approximately 2 hours including getting into and out of necessary clothing. During the session there will be time to play and explore as well as playing group games and exploring suggested activities such as making woodland potions or den building.**

**There will be safety talks performed by the Forest School leader such as learning the rules around the fire-pit or playing the safety game of 1,2,3 where are you?**

**They will have snack at the fire circle and also reconvene here at the end of the session to reflect on what they have done and share their thoughts and achievements with their peers. This will, in turn, determine the planning for the following week.**