



Birches First School
Believe, Grow, Succeed ...
...to be the best 'me' I can be.



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14th December 2023

Dear Year One Parents,

We are delighted to inform you that we continue to deliver Forest School and ensure that all children have a 'Forest School experience' during their time at Birches. Year 1 will be taking part in Forest Schools weekly for the next term and their first session will be **Tuesday 9th January 2024**.

Mrs Burkitt, our trained Forest School leader, will continue to deliver the sessions within our fantastic Forest School setting next to our school pond with another member of the school team.

Please read the following important information.

Information about Forest School

Forest School is delivered by a trained leader. Our aim is to build up children's skills, abilities and confidence through practical hands-on activities in the natural environment, giving children the opportunity to explore, learn, discover, and take controlled risks in a safe and supportive environment.

Forest School uses natural resources to stimulate imagination, creativity and investigation.

Activities will include:

- Woodwork using tools, e.g. making musical instruments, decorative items
- Natural art
- Fire lighting
- Using knots
- Shelter building
- Bug hunts

There are many benefits to Forest School which support and enhance children's education such as:

- Develop physical abilities and help children to stay active and healthy.
- Heighten self-awareness and improve emotional and social skills.
- Promote co-operative and group working.
- Encourage children to take care of themselves and others.
- Broaden knowledge and understanding of the natural world.

Safety at Forest School

During our Forest School sessions there will always be the correct adult to participant ratio as stipulated by Forest School guidelines. All activities are thoroughly risk assessed and continually monitored as the activities progresses. Within the sessions a trained first aider is always present and written emergency plans to follow in place.

What does your child need for Forest School?

The Forest School sessions will take place entirely outside whatever the weather. We will provide as much shelter as possible from the elements, but it is still important that your child wears clothes that are waterproof and warm and you are happy to get wet and muddy.

Your child should come to school in their Games Kit on a Tuesday.

In addition, they should also bring:

- Waterproof coat
- Waterproof trousers or puddle suit (optional but recommended)
- Comfortable, warm long sleeved top or fleece
- Thick socks if the weather is cold
- **Wellington boots (or sturdy walking boots)**

If you have any issues with supplying the above, please contact school.

Your child will be expected to change into their Forest School attire in school and will come home in either their Forest School clothing or Games Kit. **Please ensure you supply TWO plastic bags** to enable the children to put dirty clothes and boots in bags to minimise washing for you.

We look forward to sharing our fun and achievements with you.

Best wishes

S Varricchione

Headteacher