

## Clothing list:

- Waterproof trousers
- Waterproof coat with a hood.
- Long sleeved top – fleece/sweatshirt
- Full length trousers
- Wellies - warm boots can be brought in for very cold weather.
- Warm socks and a spare pair
- Gloves and woolly hat – Cold weather
- Sun hat that fits well to ensure good visibility– Sunny weather
- Sun cream should be applied before school. Your child will be directed to apply more as needed.

We recommend layering of clothes as it can be cold at the start of a session, but children can soon become warm when playing.

It is a good idea for children to practice putting waterproofs on and taking them off.

Please remember to name all outdoor wear.



# Forest School

at Storth CE School

## Tick Advice

The area in which we live has a high population of ticks, which is at its peak during late spring and early summer.

Ticks are tiny brown or black spider-like creatures that feed on the blood of animals and sometimes people. Some ticks carry Lyme Disease, a potentially serious bacterial infection. Ticks cannot jump or fly. Humans are most at risk of picking up ticks when brushing through tall vegetation, especially bracken.

As the children will be playing in areas where there are possibly ticks, we recommend:

- Wearing long trousers, tucked into socks and long-sleeved shirts.
- Light coloured clothing will allow us to spot ticks and brush them off.
- Insect repellent on clothing.
- Your child will be encouraged to look out for ticks on themselves and to tell an adult if found. Please check your child for ticks at home as they may crawl around for some time before making contact with the skin.

Where a tick is found on a child, parents/carers will be informed as soon as possible.



Forest School enables all children to develop at their own pace, learning about real life decision making, problem solving and risk taking; developing their creativity, self regulation and self reflection while having a tremendous amount of fun and learning new skills along the way.

We overcome challenge and risk through play which helps build resilience and confidence.

We endeavour to understand problems and work them through to solutions, this resilience is crucial for children to thrive.

Forest School promotes holistic development in a calm, natural, nurturing environment allowing children to develop a connection with nature and a sense of self within the world.

Forest School is learner centred, inspiring curiosity and encouraging the enjoyment of learning and discovery.

## What do we do at Forest School?

Sessions are child led, we offer lots of play opportunities, creativity and games to help children feel comfortable and happy in an outdoor setting and establish routines for safety.

Sessions follow the children's interests, these can include den making, arts and crafts, role play, group games, tool work and obstacle courses.

We offer drinks and snacks which can be a fun sociable time where children come together and share their ideas and have an opportunity to reflect and problem solve with their peers and adults in the group.

## Is it safe?

Forest School supports and challenges children to choose and take responsibility for their own learning and to take supported, considered risks.

However, within this considered risk taking, there are safety networks in place for all users, both adult and child.

At the beginning of each session we talk about how we are going to look after ourselves, our friends and the Forest School environment.

A pre session checklist is completed by the Forest School Leader to ensure the site and equipment are fit for purpose. Before using any tool or equipment, a tool/safety talk is given on a 1:1 basis, children are supervised also on a 1:1 basis. Protective equipment is provided for the use of tools, lighting fires etc.

Full risk assessments have been carried out for all activities and areas used.

The Forest School Leader holds a paediatric and outdoor first aid certificate and continually updates their training.

**Play is great for children's well-being and development. When planning and providing play opportunities, the goal is not to eliminate risk, but to weigh up the risks and benefits. No child will learn about risk if they are wrapped in cotton wool.**  
**Health & Safety Executive**



## What about the weather?

Forest School sessions take place whatever the weather all year. We provide warm drinks, snacks and shelter for rainy days.

Children will not be permitted to go to Forest School without appropriate clothing that will protect them from extremes of heat or cold. We will be attending Forest School sessions in all weather unless it is unsafe to do so due to high winds of 25mph or over determined by the Met Office, extreme temperature determined by the Met Office amber warning or extreme cold of below 0°C.

Parents need to be aware that their children are likely to take some mud home with them after a Forest School session. Please also bear in mind that in the woods it can often be cooler than expected under the shade of the trees.