

What clothing will the children need?

Children will not be able to attend Forest School without adequate clothing for the weather, as it is essential that they are safe and comfortable in all elements.

Clothing List:

- Waterproof coat and trousers
- Long sleeved top
- Full length trousers
- Wellies or waterproof boots
- Warm socks – a spare pair is recommended
- Gloves and warm hat for cold weather
- Sun hat for sunny weather
- Sun cream should be applied before coming to school. More can be applied by the child as required

Layers are recommended for children to take off and put on as they will warm up whilst playing.

Please ensure that all their clothes are labelled. It's best not to wear their newest clothes as they will inevitably bring some mud home on them. Old trousers and tops are a great option.



Tick Advice

At Forest School, we love looking for minibeasts, but there is one that we'd rather not find and that is the tick. There are ticks in our area, especially during late spring and early summer. As we will be in areas where there may be ticks, the following is recommended:

- Tuck long trousers into socks and tops into trousers.
- Insect repellent on clothing
- Light coloured clothing helps us to spot ticks

We will encourage the children to look out for ticks and to inform an adult if they are found.

It's important to check your child at home as they can crawl on clothing for some time before contacting the skin.



Forest School



Storth Primary School



Forest school sessions give children the space and freedom to play, explore and discover in their natural environment, at their own pace.

Through learner centred play, children can develop a healthy engagement with problem solving, risk and self-discovery.

Whilst playing in a natural environment, children can have the opportunity to further develop their connection with nature and their sense of self within the world.

Forest School sessions offer a safe, comfortable and engaging environment for learning. Activities and ideas can be interpreted and changed by the children, encouraging independence and self-motivation.

Forest School provides the space and opportunities for children to take risks and overcome challenges, strengthening their sense of trust and achievement.

The Forest School offers a place of discovery and adventure whilst fuelling the imagination - all whilst having heaps of fun!



What happens at Forest School?

Our sessions are always planned beforehand. However, the sessions are child led and the children are free to go at their own pace and to interpret activities in their own way. Observing the children in a different setting allows for a deeper perspective and understanding of the child. It's a wonderful place to learn about maths and science, get hands on with arts and crafts and to develop language and social skills.

Sessions can include art and craft, cooking, den building, group games, identifying wildlife, making music, stories and poems, tool work and many other engaging activities.

There will always be a drink and snack offered during the session. This is a great reflective time to regroup and share thoughts and ideas.

Is Forest School Safe?

We begin each session reaffirming how we will keep ourselves, each other and our Forest School environment safe.

The Forest School leader will risk assess the activities and area prior to each session, check tools and equipment and ensure a suitable ratio of adults to children. With tool work, tool/safety talks are given along with 1:1 supervision and protective equipment.

The Forest School Leader holds an Outdoor Paediatric First Aid Certificate.

Does Forest School continue in all weathers?

Yes - almost! The sessions will take place in rain or shine, warm or cold. On rainy days, temporary shelter will be provided along with lovely mugs of hot chocolate and snacks. If we have high winds (25mph+) or below zero degrees, it will be unsafe to carry out the session outdoors.

Children may get their clothes muddy, and this can't be avoided, especially in wet weather. The mud will wash off but hopefully the great memories they've made will be lasting!



Play is great for children's wellbeing 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 risks if they are wrapped in cotton wool.

Health and Safety Executive