



Birches First School

Believe, Grow, Succeed ...

...to be the best 'me' I can be.

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Date: Thursday 24th February 2023

Dear Y1 Parents,

We are delighted to inform you we are now able to deliver Forest School at Birches. We will ensure that all children will have a 'Forest School experience' during their time at Birches. Y1 have been chosen for Forest School this half term and their first session will be **Tuesday 28th February 2023**.

Mrs Burkitt will 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 bring to school on Tuesdays:

- Waterproof coat
- Waterproof trousers (optional but recommended)
- Wellington boots (or sturdy walking boots) *As the weather looks dry, children may wear old trainers on Tuesday 28th February but please note, these may get dirty.*
- Comfortable long, warm trousers
- Comfortable, warm long sleeved top or fleece
- Long sleeved T-shirt
- Thick socks if the weather is cold

If you have any issue 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 School Uniform. 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 are so excited by this new addition to our curriculum and look forward to sharing our fun and achievements with you.

Best wishes

S Varricchione

Headteacher