

Dear parents/carers,

I am really excited that your child/ren will be attending Forest School sessions with stickstacks.

### **Before starting Forest School.**

Before your child/ren starts could you please take time to read and understand the attached documents about Forest School, appropriate clothing and some information about ticks, as it will ensure you, and your child, will be fully prepared for their Forest School sessions.

Please let me know if you have any further questions.

Lisa: 07912 986831 or lisa\_chell@hotmail.com

### **Complete the forms**

Then complete the 2 forms and return to Pre School before your child/ren's first session:

1. **Personal record sheet and medical information**- giving emergency contact details and any relevant medical information ensuring we are fully aware of anything that may be an issue for your child/ren either medically, culturally or personally.
2. **Consent form** - complete the required information on the consent forms. Sign and date the consent form to confirm that you have read and understood the information and consent to your child/ren's participation in Forest School.

\*These forms will be kept confidential. They will be carried in the welfare bag each session and will only be read by Lisa and Pre School staff working on the Forest School sessions.

### **On Forest School day:**

It is important that your child arrives for the day fully prepared for Forest School, this includes:

- wearing appropriate clothing for the day, covered arms and legs, as detailed in the attached information
- waterproof boots
- waterproof coat and trousers

They should also have the following with them packed in a small rucksack to take to the woods:

- extra layers and spare socks, gloves, hat etc.
- spare underwear or nappies
- a substantial packed lunch with **minimal single use plastic** please (the children do get hungry when they are outside all day especially in the winter when they are using extra energy keeping warm)
- a drink.

### **The Forest School day.**

Regular routines are part of the Forest School day.

This is our routine:

- children dress for Forest School inside Pre School
- 11am - we meet in the Orchard play area
- children gather to talk, listen and reinforce, how to stay safe at Forest School
- walk to our base for the day (either the Orchard or the woods)
- gather and establish a plan for the day - eat lunch
- Forest School activities based on plans made
- gather (around the fire if in the woods) for hot chocolate and a snack

- talk about the day
- walk back to the Orchard.
- 3.30pm we will be back at the Orchard collection point

#### **End of the day:**

At the end of the Forest School day the children and staff are all very tired! So, to make this part of the day as easy as possible we ask for your cooperation:

- Please wait for your children to return from Forest School by the gate to the Orchard or outside the Pre School building.
- When we return to the Orchard the children will gather with staff at the bench at the bottom of the hill.
- A member of Pre School staff will walk to the gate and if necessary pass on any relevant information to parents/carers
- The children will be called up individually to be collected by their agreed adult.
- **It is part of our safeguarding procedure to ensure each child is collected by the correct adult.**
- **Please do not come to meet your child in the Orchard, or play area, or encourage your child to leave before they are called.**
- **If for some reason you need to leave promptly at 3.30pm it may be possible for you to collect your child earlier from the River Shack - but please discuss this with Pre School staff in advance.**

#### **Weekly newsletter**

I write a Forest School newsletter each week including photographs of the day - the newsletters work really well specially if they are read with your children prompting conversations about their adventures at Forest School!!

- Please include an email address on the forms so I can send the newsletter electronically and keep you informed of special events happening during the Forest School year.
- Please let me know if you would prefer your child not to be included in the photos.
- If you do not use e-mail and would prefer a hard copy please let Pre School know and they can print it out for you.

I think that is everything.

I am always happy to chat things through so please contact me if you need to:

Lisa: 07912 986831 or [lisa\\_chell@hotmail.com](mailto:lisa_chell@hotmail.com)

I look forwards to meeting you and your children soon.

Lisa