

# MR TOM'S FOREST SCHOOL

The purpose of this booklet is to provide you with some information about our new Forest School and what we will now be able to offer your children.

My Name is Miss Harwood and I am the Forest School Leader at Timu Trust. I have recently qualified and completed my Level 3 Forest School Leader Qualification, Outdoor First Aid Qualification and Outdoor Food Safety Qualification. I have also worked within Iwade School now for 3 years as a teaching assistant so some of you may already know me...





At Timu, years 1,3 and 5 will be given the opportunity to take part in 10 Forest School Sessions over the academic school year, the Forest School Sessions will be running over two terms this will enable the children to experience the different seasons throughout the year.

The children at Timu will attend a two-hour session either in the morning or in the afternoon session. This will allow all children in those particular year groups to participate and also provide them with the opportunity to build on their own Forest School skills and knowledge as they progress through the school.



# WHAT WILL MY CHILD LEARN?

Children attending Forest School will learn a variety of new skills including:

- Knot tying
- Shelter and Den Building
- Cooking on the campfire
- Woodland Crafts
- Whittling, Carving, Sawing and Splitting Wood
- Weaving
- Climbing
- Exploring
- Pond Dipping
- Building
- Fire Lighting Techniques
- Tree and Plant Identification
- Story Telling
- Safe Tool Use
- Animal Tracks
- Nature Games

The list is endless...

# FROM THE SKILLS THEY LEARN THEY WILL....

- Grow in confidence.
- Make new friendships.
- Become more independent.
- Improve their self esteem and self confidence.
- Learn how to manage risks safely.
- Learn basic life skills.
- Learn about environmental awareness.
- Improve their team building skills
- Improve their communication and social Interaction skills.



# WHAT WILL MY CHILDREN NEED?

Everyone attending Forest School Sessions will need to ensure that they are fully equipped for all weather conditions - appropriate clothing must be worn since we will be going outside in almost all weathers.

## In the colder months:

- Warm padded coat
- Waterproof suit or jacket and trousers
- A fleece or jumper (with long sleeves)
- Long trousers
- Hat and gloves
- Warm sensible boots
- Warm woolen or manmade fiber socks (not cotton).
- Long hair should be tied back for safety reasons.

It is extremely important for your child to dress appropriately and according to the weather. The children are outside for long periods of time so therefore in the winter months thermals are essential. Children will need plenty of spare clothes whether this is to add more layers in the winter or because they've had so much fun playing in mud!

**In the warmer month's children may wear a T-Shirt and Shorts but MUST also bring with them the following items in case they are required for an activity where skin needs to be covered.**

- Long trousers
- Long sleeved top
- Socks
- Wellies / sturdy footwear - no sandals or crocs
- Jacket / hoodie
- Light waterproof

A sun hat and sun cream will need to be provided, in line with our sun cream policy this must be labelled and the child must be able to apply this themselves. The sun cream will need to be applied before school at home and the child can then re-apply when required. Sun creams will be taken outside during the session along with the children's water bottles. Please ensure all water bottles are named.





### **Dirty Clothing:**

Clothes will become muddy very quickly, so for the morning session we please ask that your children come in to school dressed in their Forest School clothes with their school uniform in a spare labelled bag, the children can then change into their school uniform for the afternoon in class after their session, the children's Forest School clothes will then be sent home in their labelled bag. For the afternoon session we ask please that the children come in to school in their school uniform and bring in their Forest School clothes in a spare labelled bag, the children in the afternoon session will have the opportunity to change into their Forest School clothes at some time during the morning, the children in the afternoon session will then come home dressed in their Forest School clothes with their school uniform in their spare labelled bag.

- No person will be allowed to attend Forest School sessions without the required clothing and footwear to ensure that those attending will be protected from both heat and cold, and to reduce the likelihood of any cuts and scrapes.
- Boots/ Wellies will need to remain in school during the 5 week session programme as these can be stored on our newly installed boot racks. Please ensure all boots are placed in a bag and labelled.
- In Forest School we will endeavour to keep spare clothing and waterproofs available so if a child does not have their Forest School clothing, we can provide this where possible.
- Forest School will provide additional protective clothing and equipment when needed.

# THINGS TO REMEMBER

- Children will be tired, especially in the early weeks of starting Forest School, but children are resilient and will gradually take it in their stride.
- They WILL get wet and muddy.
- They may get stung by insects or nettles etc but this is considered in our risk assessments and we have suitable First Aiders on site.

All emergency medication and health care plans are taken outside with the children. A member of the class team will attend Forest School with your child.

- They may get minor bumps and scrapes during their adventures and play.
- There is no such thing as bad weather, only inappropriate clothing...

