

## What do I need to do to ensure my child takes part in this learning opportunity?

- Fill out the medical and consent forms given out with this leaflet.
- Please make sure your child wears the correct clothing for forest school sessions.
- Take a deep breath when they come home muddy! We provide protective, waterproof clothing but there is a chance that the children will get dirty, it's all part of the learning process and shows that they have had fun!
- Ask them questions about what they did at forest school when they get home, let them know that you are interested!

## Clothing required for all forest school sessions:

- Long trousers
- socks
- long sleeved t-shirt
- sweatshirt / fleece
- stout closed toe shoes/wellies/boots
- jacket.

Cold weather additions include a woolly hat, gloves, vest, extra pair of socks, leggings / jogging bottoms/ tights to be worn under trousers.

Warm weather additions include a sun hat and sunscreen and insect repellent to be applied at home before the session.



Alderwood  
Primary School

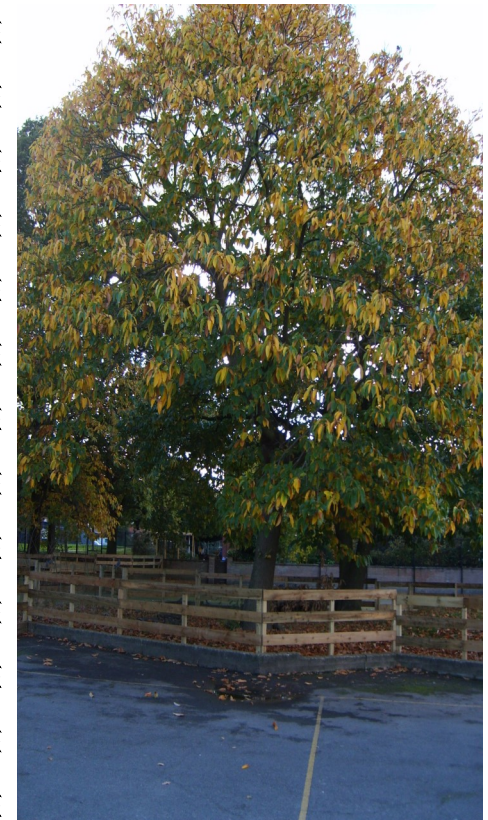
Alderwood Primary School  
Rainham Close  
Eltham  
SE9 2JH

Phone: 02088506841



Alderwood  
Primary School

Information for Parents/carers



## About Alderwood Forest School

We are extremely lucky to have members of the staff currently trained as forest school leaders. We have developed part of the KS1 play ground in to a forest environment where we can forest school sessions each week for children.

Foundation stage.

*This is the best kind of classroom,*

*No walls, just sky and trees.*

*This is the best kind of classroom,*

*No radiators, just a gentle breeze.*

*This is the best kind of classroom,*

*It's a journey through time and space.*

*From the smallest seed to the largest tree,*

*This forest is a learning place.*

*This is the best kind of classroom,*

*Where the seasons don't happen in books.*

*Where the learning is watching and thinking and talking,*

*And everyone notices - everyone looks.*

### **What is a forest school?**

- Forest schools have been a central part of early years education in Denmark since the 1980's.
- It allows children to learn through play in a natural outdoor forest environment
- Children are encouraged and inspired to grow in confidence, independence and self-esteem
- Children are encouraged to develop an appreciation of the natural world which will encourage respect and responsibility for nature in later life

### **What will my child do in a**

#### **Forest School session?**

- Change into their weather appropriate forest school clothing
- Walk to Forest school base camp and review the rules
- Reflect on what we did last week, any changes and safety information
- Treasure chest activities
- Back to base camp to 'show and tell'
- Summary time
- Tidy up time