



# Vernon Park Forest School Year 1

## WHAT IS FOREST SCHOOL?

The Forest School approach aims to educate the 'whole' child in the outdoors on a regular basis. The ultimate goal is to improve children's wellbeing, engagement, confidence and independence.

## IS IT SAFE?

YES! We have a qualified level 3 practitioner, robust procedures, higher than usual adult ratios and detailed policies and risk assessments.

## ACTIVITIES

We follow the children's interests, providing a wide range of activities, including using small hand tools, lighting fires and den building.

## DATES FOR YOUR DIARY

Your child will take part in 1-2 hour Forest School sessions in the Summer term 2023 on the following dates:

- Tuesday 25th April
- Tuesday 2nd May
- Tuesday 9th May
- Tuesday 16th May
- Tuesday 23rd May
- Tuesday 13th June
- Tuesday 20th June
- Tuesday 27th June
- Tuesday 4th July
- Tuesday 11th July
- Tuesday 18th July
- Tuesday 25th July

\*These dates may be subject to change in which case you will be informed by text message.

## WHAT TO WEAR

Forest School will take place in all weathers with the exception of high winds and storms. It is important that your child is dressed appropriately. Layers of clothing are best as they can be added/removed as needed.



Warm waterproof coat with hood



Waterproof trousers if possible



Warm, long sleeve jumper or fleece, over thinner layers



Long trousers or jogging bottoms (not jeans)



Wellington boots or walking boots and a separate pair of shoes to be worn in school (that your child can fasten themselves)



Warm socks or several pairs of thinner socks

### If hot...

Sun hat and suncream



### If cold...

Woolly hat, scarf and gloves/mittens



**PLEASE ENSURE ALL ITEMS OF KIT ARE LABELLED WITH YOUR CHILD'S NAME!**

If you wish to discuss any aspects of Forest school further, we are happy to answer your questions.

Mrs Stone and Mrs Singleton