



# Vernon Park Forest School Year 5

## 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 Autumn/Spring term 2022/23 on the following dates:

Tuesday 6th December

Tuesday 13th December

Tuesday 17th January

Tuesday 24th January

Tuesday 31st January

Tuesday 7th February

Tuesday 14th February

Tuesday 28th February

Tuesday 7th March

Tuesday 14th March

Tuesday 21st March

## 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