Forest School Information for Parents/Carers

What should my chid wear?

There's no such thing as bad weather only bad clothing. In the colder months, we generally use the rule '3 and 2' that's at least three layers on top and two layers on the bottom.

Children should have:
-Three/four layers on top (thinner layers are best so they can take off if too hot)
-Warm trousers and waterproofs (in really cold weather two layers + water proofs)
-A hat and a pair of gloves (gloves that can go in pockets if they don't want them on all the time)
-Wellington boots with thick socks or snow boots
-Waterproofs, separate rain coat to trousers is ideal as it allows the child to go to the toilet much easier

How long are the forest school sessions and how often?

A typical forest school session is between 2-2 ½ hours, this may seem a long time to an adult but children need time and lots of it. They will have time to explore the area, discuss with their peers, explore different resources, make up games and re-visit experiences. The sessions will take place weekly, this will enable the children to develop a good understanding of the environment and have the opportunity to extend their learning from the previous session.

Is there a plan for each session?

At the beginning of the session we will gather in a circle (usually in the same place) to offer the children snack and to start the session by saying our forest school names, using double acronyms for example 'Dandelion Darlena'. Then we set out the space boundaries and children can explore within safe distances from the adults. We will leave the forest school resource bag near the circle for children to use if they need things like string, scissors, containers for collections and spades etc. Staff will support children's play and extend their learning with ideas and opportunities for them to problem solve. Some sessions might have a theme or an activity planned to start with, but forest school is very much child-led and centred around the children's thoughts and ideas. The session will end back at the circle with the talking stick where everyone gets a chance to share thoughts about their session.

What if there is an accident? What will you do?

A first aid kit will be taken on every session as well as each practitioner having a small amount of first aid kit in their bum bag. Children will be treated immediately and the accident will be recorded and shared with the parent/carer at the end of the child's nursery session. On all outings, we take 2 nursery mobile phones and all children's contact details.

Where and how do they go to the toilet?

Children will be asked to use the toilet and nappies will be changed before we leave. At the forest school site children, we be helped to use a potty.

Is it safe?

A high staff to child ratio is planned and children will be supervised always, all staff and parent carer helpers will read the risk benefit before joining us.

We have a risk benefit assessment which shows the experience, the benefits (the learning outcomes for children) and the hazards.

Where are you going to do these sessions? And how will you get the children there?

We will use Logan's Meadow which is a local nature reserve, it's the other side of the foot bridge on Riverside from ACE Day Nursery approximately a 15- 20 minute walk.

Parent committee approved: Autumn Term 2017

Signed: Michelle Wright

Policy updated: Summer term 2017

Review date: Summer term 2018

Signed: Darlena Reed

Position: Forest School Manager