

Forest School

Handbook for Parents

Written by: Vicky Potts
Position: Forest School Leader
Date: May 2018
Review Date: May 2021

Example of types of activities that may take place at Forest School

Under close adult supervision*

- Den/ shelter building - *building dens from sticks and logs or putting up tarps.*
- Campfire building and lighting* *learning about fire safety.*
- Using a Kelly Kettle-*boiling water for hot drinks or food.*
- Making hot food and drinks on the campfire* including wild food foraging- *black berries, nettles, elderflower or whatever is available.*
- Rope and knots- *for securing tarps, or woodland crafts.*
- Bush craft – Working with Forest school tools* *loppers, bow saw, mallets, fixed blade knives, bill hook, secateurs.*
- Other Bush craft activities
- Nature and wildlife discovery, observation and appreciation -*birds, insects, pond life and mammals.*
- Nature and wildlife identification -*birds, insects, pond life and mammals.*
- Learning about code of conduct and respect for the countryside
- Problem solving activities
- Physical challenges -*obstacle courses, climbing trees, balancing on logs, dam building*
- Teambuilding activities
- Child initiated play
- Nature Art and Craft work - *clay, mud and natural materials.*
- Music making -*exploring natural sounds and woodland instruments.*
- Campfire singing
- Campfire storytelling

All activities aim to support the children's social and emotional development which in turn can help raise their confidence and self-esteem.

The children may get wet and muddy.

Please make sure they all have the appropriate footwear and clothes to suit the weather and that you don't mind getting wet and dirty/ stained. Many children last term complained of having cold feet- please make sure they have more than one pair of socks, especially if they are wearing wellington boots.

Please note, **Forest School** actively develops children's awareness of **risk** as well as their confidence in managing **risk**. When activities planned for **Forest School** are introduced, children are advised of the risks involved, supervised closely, but still able to choose to do these '**risky**' activities.

If you have any issues or concerns regarding the activities done at forest School, please do not hesitate to speak to **Mrs Potts** about your concerns.

v.potts@oulton.staffs.sch.uk

Kit list

Winter	Summer
Vest or T-shirt Long sleeved top hooded top / fleece or thick jumper Lots of layers	Long sleeved T-shirt or top Light trousers (Arms and legs must be covered in the woodland)
Waterproof jacket	Socks
Thick socks (thermal or two pairs of thin ones)	Trainers, sturdy shoes or Wellington boots (for stream site). Sandals, crocs and flip-flops are not suitable.
Trousers/ waterproof trousers if possible	Sun hat / sun cream
Wellington boots for stream site/ Wellington boots or walking boots for other sites	Waterproof jacket
Hat, gloves and scarf.	

Christ Church First School Forest School Permission Form

Name of pupil:

I agree to my child taking part in Forest School activities at regular intervals. Sessions will be led by Vicky Potts who is the Forest School Leader (based at Oulton First School.)

I understand that my child will need to bring in appropriate outdoor clothing and footwear for the sessions (see kit list). Mrs Potts will **exclude any child she thinks is inappropriately dressed for Forest school activities**. Her decision will be final.

I understand that my child may, at an appropriate level, have opportunities to work with hand tools and fires through the course of their Forest School work.

I understand that the adult: child ratio will be appropriate to the needs of my child and this will be assessed by the Forest School Leader and the senior management team at Christ Church First School

Sun cream/insect repellent		Please delete as appropriate
I give my permission for my child to use the sun cream I have supplied and apply when necessary.		yes / no
I give my permission for my child to have insect repellent applied when necessary.		yes / no
Medical Information/First Aid		
I confirm that the medical information I have supplied to the school is fully up to date.		yes / no
I give my permission for the Forest School leader to administer First Aid to my child.		yes / no
I give my permission for the Forest School leader to use tweezers to remove any small splinters from my child.		yes / no
Insect Stings – please tick as appropriate As an additional precaution we are required to ask you in more detail about allergies and insect stings.		
Has your child ever been stung by a wasp/bee.		yes / no
If your child has been stung by a wasp/bee did he/ she have an allergic reaction. If you answered yes we will get in touch with you to get further details		yes / no
Allergies		
My child has the following allergies/food allergies:		
Data Protection		
All information provided is covered by GDPR Data and is strictly confidential. I understand and agree to the above being held by the Forest School leader Mrs Potts and Christ Church First School.		yes / no
Permissions I have clearly indicated above permission relating to (child's name) as principle parent / carer	Name of Parent/carer:	
	Signed:	
	Date:	
Contact details		
Home telephone number:		
Mobile telephone number:		
Alternative emergency contact: please state relationship to you/your child		

--	--