



## FOREST SCHOOL

We are glad to inform you that your child will benefit of Forest School Session. Forest school is a long-term process that allows children to connect with nature and develop themselves through outdoor activities. It has been proven that contact with nature decreases stress and contribute to support good mental health and well-being.

Also, Forest School sessions aim to support the development of gross and fine motor skills, communication, socialisation, and problem solving. For some of the activities, your child will have the opportunity to learn how to use safely some tools.

We may also, sometimes, light up camp-fires and the children will learn how to be safe around the fire. We will use some ropes to build our own shelters.

We will also learn about seasons, minibeast, our environment and so much more.

### What does your child will need?

Forest school sessions will take place even if the weather is a bit windy, rainy, snowy, or cold.

We will only cancel **in case of extreme weather**.

To explore and enjoy the Forest School sessions your child will need adapted clothing:

- Waterproof clothes
- Lots of layers in winter (please dress your child like an onion 😊 )
- Welly boots
- Gloves (no mittens please) and hat
- Long sleeves tee shirt and trousers (hot sunny day)
- Sun hat and sun cream (spring / summer term)
- **For safety reasons, long hair needs to be tied**

When ? Forest School sessions will take place every Thursday afternoon from the **16th of**

**January.** Please may ask you to drop off your child Forest School kit in front of the classroom in the big white box and to ensure that all the clothes, waterproofs, coats, wellies and shoes are clearly named in a named carrier bag so that wet clothes can be sent home easily.

Please if you have any questions, feel free to ask me.

Thank you for your support.

**Mrs LEFEBVRE**