



# Forest School!

at

# Reinwood

# Junior, Infant & Nursery Schools



## A guide for parents and guardians

*'A mind that is stretched by a new experience can never go back to its old dimensions' - Oliver Wendell Holmes*



Research also shows that children who have frequent access to opportunities for play in nature are more emotionally balanced, less stressed, are better at concentrating and have fewer days off sick.

## Who will run Forest Schools?

The KS1 and KS2 programmes will be planned and led by Mrs Matthews, who has been teaching at Reinwood for 13 years, is experienced in outdoor learning, holds a Level 3 Forest School Practitioners qualification and an ITC Forest School First Aid qualification. She will be assisted by the class teaching assistant and learning support workers.

The Reception programmes will be planned and led by Mrs Williams, Class 2 teacher and outdoor learning enthusiast! She will be assisted by a learning support worker.

## When will the sessions be?

We currently run sessions on Tuesday and Wednesday mornings for KS1 and Monday morning and afternoon for KS2. Reception Forest School is on a Wednesday afternoon. This year (2018-19) all children in Reception, Year 2, and Year 5 will come on a Forest School programme, while the children in Nursery and Year 1 will have some special outdoor learning sessions with us.

Programmes with each group last between 6 and 13 sessions, but will vary according to each year group. This year KS1 and KS2 sessions will be whole class sessions but Reception will go out in smaller groups.

The children are provided with a snack and a warm or cold drink during the session.

## What should my child wear?

In order to experience the full range of nature and the environment children will go out in all seasons and weathers (apart from extreme high winds). Appropriate clothing is vital to this being a successful approach so we would appreciate your help in making sure your child comes appropriately dressed for Forest School....

If in the **Infants** your child should come in their uniform as usual but bring wellies or walking boots. They will be provided with school waterproofs to protect their clothing. If it is cold then please ensure your child has extra socks, a hat, gloves and a warm coat.

If in the **Juniors** please send your child in uniform with a bag of weather appropriate clothing and footwear for them to change into at the start of their session. Please make sure your child wears footwear, clothes and a coat that you don't mind getting dirty or damaged.

## How will I be kept informed of my child's progress?

Photographs of your child's experiences will be taken throughout the programme and will be compiled, along with your child's own comments and the Leader's observation into a record sheet, booklet or diary, which you will be able to see upon completion. If at any point you want to discuss your child's progress or Forest School in general then please speak to your child's class teacher or Mrs Matthews.

More information can be found at [www.forestschoollassociation.org](http://www.forestschoollassociation.org)