



The ethos of Forest School is that of independent and child-led learning, and although some elements and activities are in line with the National Curriculum, the main aim for Forest School is to develop the self-esteem and psychological wellbeing of the participants. It also allows them to study primitive and historical practices of survival, and develop a growing awareness and connectivity to the natural world around them.

Part of this is an awareness of where different foods come from, and this may include experiencing gutting and cooking animals, including pheasants and fish. This is a highly educational experience, allowing children to learn about the different anatomies of animals, as well as rigorous food preparation hygiene and cooking practises. Please inform the office if you do not wish your child to take part in these types of activities.

Most of you will be aware of the clothing requirements for participation in a Forest School session, but as a reminder, your child will need:

Woolly hat/sunhat (weather dependent)

Gloves

Jacket/waterproof coat

Fleece/sweatshirt\*

Waterproof trousers/trousers that can get muddy\*

Spare socks

Stout shoes/wellies/boots

**\*Shorts and short sleeved shirts are not suitable**

Forest School sessions will not generally be weather dependent. This means that the children should be prepared to be outside in all weathers. We have a very limited number of waterproofs, so please ensure the children are sent with the correct kit to ensure they can take part.