



## Excitingly, Blanford Mere Years 3 and 4 children will be visiting our Forest School site at St Mary's C of E Primary School!



My name is Susie, and I run 'Take a Leaf Forest School'. I share the school's passion for outdoor learning, and I really enjoy running forest school provision in different schools. I am a qualified early years primary school teacher with over 17 years' experience, a private tutor specialising in ADHD and Dyslexia and I'm also a Level 3 Forest Schools teacher. I'm currently finishing my training to diagnose Dyslexia, and I currently deliver Dyslexia specialist sessions. I strongly believe that children need to get outdoors, explore the world around them and learn through play and adventure! I run Forest School at several other schools, and I have a team of equally enthusiastic Forest School leaders that work with me to deliver high quality Forest School schemes.



Hi, I'm Becky and I'm very excited to be starting Forest School sessions at St Mary's on Thursdays. I'm a Mum to three beautiful children, I'm a qualified primary school teacher with 20 years' experience of working with children in lots of different capacities. More recently, I've been working in local schools delivering after school clubs and Forest School sessions. I'm a level 3 Forest School Leader and who is hugely passionate about the importance of children's well-being to enable them to thrive in all areas of learning. Bringing children outside into nature during Forest School sessions allows them to learn new practical life skills, problem solving opportunities as well as being given the freedom to choose what they'd like to explore in a way that suits their needs. It's a real privilege to watch, as the children grow in confidence each week and really find their spark in Forest School. I love what I do!

## What is Forest School?

The Forest Schools initiative has gained nationwide recognition as a highly effective way of introducing children to the great outdoors, while at the same time enabling them to develop a wide range of transferable skills. Whatever the weather, our children will be found making dens and shelters, lighting campfires, learning about the natural environment and how to cherish it, practising basic survival skills and bushcraft and benefiting from lots of fresh air.

We believe that the Forest Schools programme provides an excellent vehicle for learning and development. Children have a great affinity with the natural world. It arouses their curiosity and inspires wonder. It is a superb environment in which to assimilate knowledge and develop all manner of skills such as teamwork, good communication, problem solving, self-confidence, risk awareness and a positive mental attitude.

Please see the [Forest School Association website](http://www.takealeaf.net) for more information.

### Information for the trips

- Children will arrive at school at normal time.
- Children will be split into a morning and an afternoon session.
- All children will arrive in school in clothes suitable for forest school (see below) and will bring a change of clothes for going back to school in.
- Normal lunchtime routine.

### Your Child will need:

A ruck sac containing:

- A named plastic carrier bag/bag (to put in muddy clothes to take home to wash.)
- A bag of spare clothes including a long-sleeved trousers, t-shirt, jumper and socks.
- A water bottle.

Please send your child in appropriate forest school clothes (see overleaf) a waterproof coat, trousers and shoes, suncream/hat as necessary.

[www.takealeaf.net](http://www.takealeaf.net)

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(See more details overleaf.)

## What will my child do at Forest School?

1. Children will arrive to school at normal time and register.
2. Then teachers will walk them to St Mary's.
3. Children will arrive at Forest School and gather at the fire pit.
3. Becky will explain Forest School rules, demo of activities and walk the site.
4. Activities will include a hammock, mud pit, mud kitchen, clay, big bubbles, tinker table, den building, forest school crafts, tools, bug hunting, bird hunt and fire lighting.
5. Reflection time
6. Finish off play and activities.

\*Please note children may not have a campfire if the conditions are not safe.



You can see what activities your child has been up to on the '[Take A Leaf facebook page](#)' and you can see suggestions to continue nature ideas at home.

## What will my child need to wear?

To encourage your child's love of nature and to allow them to explore the natural environment freely and embrace forest school your child will be getting muddy! Please only send in old clothes that you don't mind getting covered in paint, clay and mud. Forest school is the one time that children are allowed to get dirty. This helps them to build

resilience and no how to react in different situations and helps to develop confidence, independence and self-initiative. The children will need forest school clothes that will get completely muddy so they will need to change back into clean clothes after.

Dressing for Forest School:

Please ensure your child is dressed with the four types of clothing layers below:

1. A base layer of leggings or a long-sleeved t sheet.
2. Mid/ insulation layer -made up of a further three to four layers i.e. a few T-shirts , jumper and fleece.
3. Shell layer/ waterproof layer made up of waterproof trousers and top. Children will need wellies or waterproof walking boots.
4. Extremities: hat, two pairs of gloves( waterproof if possible ) , two thick socks and a spare pair.

Please note:

\*Lots of thinner layers keep you warmer than just a few thick layer as it traps more air in between the layers. Please note it is always better to have too many layers that the children can take off rather than not enough and feeling cold.

\* Wellies feel really cold in the winter so waterproof walking boots are better but if they do wear wellies

make sure they have two pairs of thick socks to insulate them.

\*Please send spares of clothes for if they get wet. If they have the waterproof layer this shouldn't be a problem.

\*Please note the children's clothes will get caked in mud etc as the ethos of forest school this is the only time they can really get muddy without being told off and are really able to enjoy the freedom to explore nature.

\* Sending lots of layers is better as they can always take them off.

TAKE A LEAF FOREST SCHOOL  
**WHAT TO WEAR!**  
WRAP UP WARM FOR FOREST SCHOOL

**Kit List**

- One vest or base layer
- One long sleeved t-shirt or top
- One thick fleece
- One warm waterproof coat with a hood.
- One extra fleece (in the backpack, just in case)

**Kit List**

- One pair of comfortable trousers (jogging bottoms or leggings) Not Jeans.
- One pair of waterproof trousers

WE WILL BE DOING FOREST SCHOOL COME RAIN OR SHINE SO PLEASE ENSURE THE CHILDREN ARE WEARING SUITABLE COTHS FOR THE WEATHER TO KEEP THEM COMFORTABLE AND WARM THANK YOU

✓ Pack Spare Socks  
✓ Sturdy waterproof shoes / boots.

Please send your child in old clothes as they will get covered in paint, mud and may get torn!

Contact Us with any questions at:  
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www.takealeaf.net