

What clothing with my child need?

Long sleeved top and trousers are recommended in all weathers to protect from scratches and stings.

Light layers for cooler weather.

Waterproof clothing including waterproof trousers if possible.

Sturdy footwear that covers the toes e.g. walking boots or wellies

Sun hat for warm weather and wooly hat for cooler weather.

Sun cream and insect repellent (must be applied by parent or carer)



Forest School

"The Forest is my classroom, the Earth is my school" Joe Reilly





Where did Forest School come from?

The original "Forest Kindergartens" were created in Denmark.

The Forest School model was introduced in the UK in 1995, since then it has spread around the country and increased in popularity

What are the benefits?

The Forest School approach supports all areas of a child's development.

- Supports physical development and stamina
- Builds self-esteem, confidence and independence.
- Develops problem solving skills and risk awareness
- Helps to build positive relationships.
- Being out in nature helps mental well-being

"Forest School is an inspirational and long term process of frequent and regular sessions in a woodland or natural environment to support the development of the relationship between the learner and the natural world" **Forest School Association**

What will the children be doing?

- * Den building using tarpaulins and ropes
- * Discovering and exploring nature.
- * Tree climbing
- * Craft activities using natural resources
- * Using tools such as loppers, secateurs, bow-saws and palm drills
- * Experiencing camp fires
- * Exploring our forest school area within the set boundaries
- * Jumping in muddle puddles and making mud pies

Who will be there?

Sessions are run by qualified Level 3 Forest School Leader Jessica Roberts who is trained in outdoor first aid and is experienced in working with children of various ages and abilities.



Child to adult ratio is high and all adult helpers are DBS checked.

For further questions and queries, please contact:

Cringleford CE VA Primary School

Dragonfly Lane, Cringleford

Norwich

NR4 7JR

Tel: 01603 454946

Email:

office@cringleford.norfolk.sch.uk