



# BEARWOOD Primary and Nursery School

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*Learning, Enjoying & Succeeding Together*

15<sup>th</sup> September 2021

Dear Parents / Carers,

We are very excited to be starting Forest School Sessions this term!

The idea of Forest Schools has been around a while; it involves learning and being outdoors in nature. It is a holistic approach to learning and addresses the whole child. Examples of this are activities such as problem solving with den building, confidence building and working together in teams, connection with peers in activities, self-expression with creating natural art pieces and freedom to explore, take calculated risks (when making things or building dens). Taking part in Forest School sessions can have huge benefits to the pupil such as general wellbeing, self-confidence, sense of calm, improved mental health as well as positive impact on behaviour. Being in nature has a huge impact. Our Forest School leader will be Claire. She has been a primary school teacher for many years and is now a Level 3 Forest School leader too.

We will be running sessions every Friday starting this **Friday 17<sup>th</sup> September**. The session will be for the latter part of the morning and will go ahead in all weathers! Please send your child in appropriate clothing: a coat, a waterproof, warm jumper, socks, wellies, boots, or suitable footwear warm joggers, leggings or jeans, hats etc. and send them to school in their Forest School clothes on that day every week. Some sessions will involve snacks or warm drinks (please let the school know of any updates regarding allergies or dietary requirements ahead of the sessions, as well as any medical updates).

May we also take the opportunity to ask that if any of you (or anyone you know) have any items that you feel would be appropriate to send in to use at Forest School we would very much appreciate the community contributions: logs/kindling/tyres/tarpaulins/log store / pallets tree stumps or planks for seating etc. Thank you in advance for anything you can offer - it will be much appreciated.

We hope you are excited for the opportunity to do this, and we really hope the children enjoy the sessions and get lots from being outdoors as part of their learning. If you have any questions, please do ask.

Best wishes,

Kate Webster and Claire Harding



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