



# BEARWOOD Primary and Nursery School

Headteacher Mrs Laura Bennett  
Deputy Headteacher Mrs Sally Wall

Bearwood Primary and Nursery School  
Barons Road  
Bearwood  
Bournemouth  
BH11 9UN

Phone: 01202 590703  
Fax: 01202 590703  
email: [school@bearwood.poole.sch.uk](mailto:school@bearwood.poole.sch.uk)  
Web: [www.bearwood.poole.sch.uk](http://www.bearwood.poole.sch.uk)

*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 on Friday 17<sup>th</sup> September and will go ahead in all weathers! Year 1 and Year 2 will take it in turns to have their session in the afternoon and have a session every other week. Year 2 will have their first session **on Friday 24<sup>th</sup>**, and every other week following this date. This pattern will continue for the academic year. Please send your child in with appropriate clothing in named bag for each session: a coat, a waterproof, warm jumper, socks, wellies, boots, or suitable footwear warm joggers, leggings or jeans, hats etc. 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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