



## **Forest School**

**“From our roots we grow”**

Dear Parents / Carers,

We are very excited to be offering Key Stage 2 ‘Forest School’ sessions.

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 is Claire. She has been a primary school teacher for many years and is now a Level 3 forest school leader too.

Willow One will be having sessions on the following dates;

**25<sup>th</sup> March**

**1<sup>st</sup> April**

**8<sup>th</sup> April**

Forest School sessions go ahead in all weathers! Please send your child in with their forest school clothes in a bag with appropriate named clothing, a coat, a waterproof, warm jumper, socks, wellies, boots, or suitable footwear warm joggers, leggings or jeans and bobble hats of course!

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.)

We hope you are excited for the opportunity to do this, and we really hope they enjoy the sessions and get lots from being outdoors as part of their learning.

If you have any questions, please do ask. We are excited to start our forest school adventures.

Best wishes

Kate Webster and Claire Harding

