



"From our roots we grow"

Dear Parents / Carers,

We are very excited to be continuing with Forest School Sessions this academic year with Forest Yogi Minds running the weekly sessions.

As you may remember; 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.

Forest Yogi Minds are continuing with us, our forest school leader will be Emily. She has been a primary school teacher for many years and is now a Level 3 forest school leader too. Chloe, who is also a level 3 forest school leader will be running the club with her. There are still a few places left which you can book via this link:

[Upcoming events - Booking by Bookwhen](#)

or by emailing Claire on forestyogiminds@yahoo.com

We will be starting the sessions every **Friday from 16th September**. The timetable is here:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9:00-10:15	Reception	Nursery	Reception	Nursery	Reception	Nursery
10:30-12:00	Year 3	Year 2	Year 4	Year 5	Year 1	Year 6
1:00-2:30	Year 5	Year 6	Year 1	Year 3	Year 4	Year 2
2:45-3:15	Your time	Your time	Your time	Your time	Your time	Your time
3:30-4:30	After school club	After school club	After school club	After school club	After school club	After school club

Please send your children in with a change of clothes for forest school, except nursery who will be able to come in ready in their clothes.

Forest School sessions go ahead in all weathers! Please send your child in with appropriate named clothing, a coat, a waterproof, warm jumper, socks, wellies, boots, or suitable footwear warm joggers, leggings or jeans..

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 really hope they enjoy the sessions and get lots from being outdoors as part of their learning.

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.

If you have any questions, please do ask.

Best wishes

Dom Longland & Claire Harding

(Teacher and PE Lead)

(Forest Yogi Minds director/founder)