

A parent/carers Guide to forest school

Forest school is an opportunity for your child to experience nature and the outdoor environment in a safe, secure and hands on way. Our 'forest' is situated on our school grounds. The area known as base camp contains an area for discussion and learning, a digging area, a small open glade (planted with wild flowers & grass), climbing areas, a quiet reflection area and a den building area. A mixture of, beech, horse chestnut and cherry trees which are about 20 years old gives a reasonable top canopy. There are old wood piles to attract insects and small mammals. Foxes, squirrels and birds are evident everywhere! The children are encouraged to investigate & explore but also to respect all living things

Children learn best from first hand experiences. Exploring, playing and so learning using a range of activities (both designed by the leader and instigated by the children themselves) is what forest school is all about. Building a sense of independence, high self-esteem and team work are important parts of forest school, but health and safety considerations are always of paramount importance. (A personal details & medical record form must be filled out before a child can attend)

Our woodland is fairly dry but has a lot of sticks and nettles underfoot. A lot of hard work has already gone into clearing and preparing the main base camp area (and is an ongoing commitment - volunteer nettle pullers always welcome) but for the comfort and well-being of your child the following clothing and equipment is recommended.

Clothing

The thickness of clothing will depend on the season: - Sturdy trainers or boots, socks, long trousers, long sleeved top, waterproof jacket, waterproof over trousers (or a waterproof all in one), hat (sun or winter). Rain will not cause a cancellation unless accompanied by wind or extreme down pours. Please use old clothes and let your child know that at forest school they CAN GET DIRTY and you don't mind! Sun cream should also be applied if weather is hot. Names on clothes is essential.

For any additional information please see Mrs Jones

**Forest School - Parental consent form
(medical and dietary information)**

Childs name

Parent/Carers full name

Home address

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Contact telephone in case of emergency:

Home..... Work

Name and address of family doctor.

..... Phone.....

Does your son / daughter have any of the following:
(Please tick)

Asthma or bronchitis	Yes	No
Sight or hearing disabilities	Yes	No
Heart condition	Yes	No
Fits, fainting or blackouts	Yes	No
Severe headaches	Yes	No
Diabetes	Yes	No
Allergies to any known medicines	Yes	No
Any other allergies, e.g. material, food, Medicine, pollen, dust	Yes	No
Other illnesses	Yes	No
Any disabilities	Yes	No
Does your son/daughter have any special dietary requirements?	Yes	No

If the answer to any of the above is YES, please give details below, including details of medication or special diet:

Is your son / daughter up to date with their Tetanus vaccinations YES NO

As the parent/carer of the child named above, I have read, fully understood and am satisfied with the details supplied regarding Forest School activities and agree for my child to take part in them.

I know of no medical reason why he/she should not participate.

In the event of a minor accident, I agree for first aid to be administered by a qualified First Aider, which could include the use of an antiseptic wipe, and/or plasters.

SIGNED DATE

NAME and Relation to child