

ST. JAMES' C.E. PRIMARY SCHOOL, COLDWALTHAM

with Chuckleberries Pre School



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Executive Headteacher: Mrs Lizzie Martin

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Inclusion Manager: Mrs Lucy Brownbill

Enabling every child to thrive and succeed

21/09/2022

Dear Parents,

Penguins will be taking part in Forest School Thursday afternoons starting tomorrow and continuing every Thursday until further notice. All Forest school sessions will take place in the St James' Forest school area on the school field.

What is Forest School?

Forest School activities will teach your child about caring for, managing and understanding the natural environment. Under careful supervision, there will be opportunities to learn how to build shelters, tie knots, use hand-tools safely and light fires, as well as time to play games and to be reflective.

Our Forest School Handbook contains the risk assessments and procedures for all activities on site and ensures that all risks have been reduced to an acceptable level. All adults involved are expected to have observed these, please do ask if you wish to read this document.

Forest School is an Outdoor Education program which supports the main curriculum of Literacy, Maths, Science and the Arts but which also places a strong emphasis on building confidence, social skills and independence.

Forest School Leaders and Volunteers

Be reassured that rigorous safety checks must be in place before any program can begin; I am a Level III Forest School Leader and the sessions are run myself, with Angie Southin (a Level II qualified Forest School assistant). We are required to maintain higher than the usual adult-child ratios so that children taking part in potentially hazardous activities are adequately supervised.

Our Forest School Leaders hold certificates in Wilderness First Aid. There is a chance children may pick up a tick during Forest School. Staff will not remove it, however we can offer advice and recommend checking your child over once home as it is important they are removed promptly and using appropriate methods.



We welcome parent/grandparent helpers at Forest School. If you are interested in investing some time to support the school this way, please email the school office.

What to bring to school every Thursday

Forest School offers the children the chance to be outdoors in every season and in all weathers, (with the exception of high winds and storms) but to help us achieve this they need to be clothed appropriately. We therefore ask that your child bring the following school:

- A long-sleeved top (short sleeves are not suitable regardless of temperature)
- Long trousers BUT NOT LEGGINGS
- Strong shoes or Wellington boots (plus socks if tights are normally worn)
- A waterproof coat and waterproof trousers are also necessary if the weather suggests.
- Sun Hat and sun cream will be required on sunny days

The children will get changed into Forest school clothes after their lunchtime. Please note that any children not dressed appropriately will not be able to take part in Forest Schools.

If your child has previously had a reaction to a wasp or bee sting, please advise the office so appropriate first aid can be provided in the event of a sting during Forest School sessions.

If you have any questions or concerns about your child taking part, please contact the office.

We are sure that this year's Forest School programme will prove a valuable and challenging experience for your child.

Many thanks for your support,

Yours sincerely

Mrs Samantha Skirrow
Level III Forest School Leader