

Benhurst Primary School

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Head teacher: Ms A. Larkman BA (Hons) MA

Monday 9th January 2023

Dear Parents / Carers,

This half term, your child will take part in a programme called 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. During Forest School sessions, children are encouraged to work with others to carry out activities such as den/shelter building, role play, exploration, practical and creative skills and tasks.

Research suggests that children learn best from first hand experiences. Exploring, playing and problem solving within the forest school aims to encourage learning using a range of activities (both designed by the leader and instigated by the children themselves). 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, therefore all tasks are age appropriate and have been risk assessed, which you are welcome to read through upon request at the office.

Our 'forest' is a small redeveloped area within the school grounds. The 'forest' area we use is fairly dry but has a lot of sticks and plants underfoot. A lot of hard work has already gone into managing the area (and is an ongoing commitment) but in order to ensure children are sufficiently protected from the weather and the forest school environment, and can participate fully and comfortably in each session we advise the following clothing:

Children must wear long sleeves and long trousers. This clothing may get muddy so old clothes are best.

- Long-sleeved top
- Long trousers
- A waterproof coat
- Wellies or trainers (no open toe shoes)
- Hats, scarves and gloves if appropriate

Due to the weather at this time of year, children **must** have suitable clothing to take part in our sessions.



The children will take part in forest school sessions for an hour every other week. The class teacher will tell your child when they will be taking part on Google Classroom and also verbally in class.

In order for your child to take part, please click on the following link to give your consent by Thursday 12th November:

https://docs.google.com/forms/d/e/1FAIpQLSe6EyM_2eIj2e8Lh6nx1DZ1TvGCB_vv4kegnT2xbKx1jHoLXQ/viewform?usp=sf_link

If you have any questions or concerns regarding forest school please do not hesitate to contact myself via the school office.

We look forward to working with your child this term and hope they can share their experiences with you.

Yours sincerely

Miss C Gregory
PSHE and Forest School Lead