



# Swallowfield Primary

Weathercock Close, Woburn Sands, Milton Keynes, MK17 8SR, Tel: 01908 582101

Dear Parents/ Carers,

I am excited to inform you that we will be introducing Forest School to Swallowfield Primary School in the Spring and Summer term. Forest School gives children the unique opportunity of learning in an outdoor 'woodland' environment which we are lucky enough to be able to provide within our school grounds.

## What is 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. Forest School allows children to explore, play and problem solve using a range of activities with the aim of building their sense of independence, self-esteem and teamwork abilities. The children are taught about nature and how to respect all living things. In our Forest School sessions children will learn how to use tools and we will have a camp fire in some sessions.

I will be holding an information meeting on **Thursday 18<sup>th</sup> January at 9am**. This meeting will let you know more about the ethos of Forest School, the type of activities your child will be taking part in and how we manage risks. The meeting should only take 30minutes.

## When will sessions run?

Forest School sessions will run on a Friday afternoon over a 6 week period. A separate letter will be sent to you informing you of when your child's sessions will be. Your child will come to school in their Forest School clothes on this day.

## What will my child need?

Please see the 'What to Wear' attachment to this letter. Ensure your child's name is on EVERYTHING!

Please complete and return the attached consent form by Friday 8<sup>th</sup> December.

I am looking forward to starting this exciting adventure with your child.

Mrs Davies



Head Teacher: Mrs K Brewer NPQH  
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[www.swallowfieldlowschool.co.uk](http://www.swallowfieldlowschool.co.uk)



**Forest School Consent Form**

**Child's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Class:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Medical Information about your child:**

a) Are there any medical conditions requiring medical treatment, including medication?

Yes / No

If Yes please give details:

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b) Please outline any dietary requirements:

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c) Does your child have any known allergies? Yes / No                      Epipen    Yes/No

If Yes please give details:

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d) Has your child ever been stung by a wasp/ bee? If yes what was there reaction?

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e) During sessions we like to take photos/ videos for evidence of what the children have achieved. Please indicate below if we can use the photos for:

- School website                      Yes/ No
- Google Classroom                      Yes/ No
- Display within school                      Yes/No
- School Newsletter                      Yes/ No

**Parental/Carer Declaration**

I agree to my child participating in Forest School activities including tool use and camp fires. I understand the need for my child to behave in a responsible manner in order to take part in such activities.

Please ensure your child comes to every sessions with the appropriate clothing and footwear (see attached note)

I agree to my child having appropriate medical care in the event of an accident.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Contact number: \_\_\_\_\_

\_\_\_\_\_

### **What to Wear**

Forest School Clothing guide:

**“There is no such thing as bad weather, just unsuitable clothing!”**

**Parents/carers** – We value and recognise the effort it takes to ensure your child comes prepared, so that they can get the most out of Forest School sessions. In particular, this means making sure they are appropriately dressed. It can be hard to predict just how many layers a child will need but it is always colder in the shaded areas under the trees. Please see below for our recommendations. Your other crucial role is to embrace the mud! Please do not send your child in their best clothes as they will almost certainly get dirty during the session!

**Layers!** THE best way to keep warm.

- add one more than you think

(We can always remove a layer but once cold, it can be hard to warm up)

#### **Waterproof trousers**

- Essential!
- Standard ‘thin’ pair in summer for protection
- Ski trousers ideal in winter OR extra layer under trousers
- All-in-ones not advised for potty/toilet users

#### **Trousers**

- Full length for protection
- Extra pair of leggings/tights/thermals under normal trousers in cold weather

#### **Warm socks**

- Wellies get very cold!
  - Extra pair of wool/ fleece/ fluffy socks inside wellies
- (Normal socks in wellies are not warm enough for cooler weather)

#### **Waterproof coat**

- Preferably with a hood
- Thick and warm in winter (or use an extra fleece layer)

### **Warm hat**

- Preferably covering ears.

### **Mittens/Gloves**

- Thermal and waterproof

(Knitted gloves get damp and do not keep little hands warm enough during the colder months. Don't worry about mittens limiting finger movement as the cold is much more limiting!)

### **Tops**

- ALWAYS long sleeves (to minimize risk from stinging nettles and biting insects etc)
- At least 3 layers under coat in winter

(eg. top, jumper, fleece and coat, or 'base layer', top, warm jumper and coat)

### **Waterproof boots**

- Wellies are essential!

(Alternatives include snow boots and walking boots)

**Please Note!** In summer, wellies, waterproof trousers and light long sleeves are still essential, to protect from thorns, nettles, ticks, insect bites etc. Please also send a sunhat in hot weather.

- An emergency change of clothes will be provided by Forest School and carrier bags for dirty/wet clothing.