



September 2023

**Re: Forest Schools & Allotment**

Dear Parents and Carers,

I am delighted to be able to tell you that the school is able to, once again, run allotment and forest school sessions this academic year.

Under the expert guidance of Miss Knight and Mrs Self, the allotment has thrived over the last few months and is looking very colourful. Caring for a school garden/allotment has been shown to improve a child's social skills and behaviour as well as enhancing their understanding of food production and the importance of caring for the Earth. The process of planning and tending a crop will help children develop skills, such as respect and patience. Gardening also encourages teamwork skills as they take part in group work activities and encourages children to take responsibility, by caring for their own crops.

This year, the allotment sessions will continue to be run by Miss Knight and Mrs Self. We will continue to send weekly reminders to classes about their allotment sessions but please do put the timetable below on your fridge too!

In the Forest School area, the trees and foliage surrounding the base camp are continuing to mature and provide an ideal location for us to explore, have fun and learn. Forest School is an inspirational concept, providing learning opportunities through practical activities in an outdoor environment. Children enjoy the freedom to explore and experience the natural world in all seasons and in all weathers (except thunder and lightning or very high winds). It embraces an approach of nurturing, supporting and developing the self-esteem of participants and hosts the ideal environment in which to further develop our children's problem solving, risk taking, creativity and teamwork skills. We have developed our provision to ensure that throughout their time in school, all pupils work towards completing the National Outdoor Learning Award (NOLA) by the time they reach year 6. We are fortunate that Mr Brown is able to run these outdoor learning sessions for us.

Set out below is the timetable to show when Forest Schools and allotment are due to take place over the year. Before each term, a consent form will be sent out to all parents. These must be completed and returned before the start of each group of sessions.



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**Forest School Sessions with Mr Brown.**

Term	Day	Class	Dates of sessions
<b>Autumn 1</b>	Tuesday	Heron	12/9/2023 – 17/10/2023
<b>Autumn 1</b>	Thursday	Sparrow	14/9/2023 – 26/10/2023
<b>Autumn 2</b>	Tuesday	Peregrine	24/10/2023 – 12/12/2023
<b>Autumn 2</b>	Wednesday	Robin	8/11/2023 – 13/12/2023
<b>Spring 2</b>	Monday	Swift	19/2/2024 – 18/3/2024
<b>Spring 2</b>	Tuesday	Woodpecker	20/2/2024 – 19/3/2024
<b>Summer 1</b>	Monday	Jay	8/4/2024 – 20/5/2024
<b>Summer 1</b>	Tuesday	Nightingale	9/4/2024 – 21/5/2024
<b>Summer 2</b>	Monday	Skylark	3/6/2024 – 8/7/2024
<b>Summer 2</b>	Tuesday	Kingfisher	4/6/2024 – 9/7/2024

**Allotment Sessions – THURSDAY afternoons.**

Please ensure that your child has a pair of wellies, old trousers and a waterproof coat in school on the day of their allotment session.

Autumn		Spring		Summer	
Thursday	Class	Thursday	Class	Thursday	Class
14 <sup>th</sup> September	Peregrine	Allotment to be rested.		11 <sup>th</sup> April	Kingfisher
21 <sup>st</sup> September	Jay			18 <sup>th</sup> April	Skylark
28 <sup>th</sup> September	Swift			25 <sup>th</sup> April	Sparrow
5 <sup>th</sup> October	Nightingale			2 <sup>nd</sup> May	Peregrine
12 <sup>th</sup> October	Heron			9 <sup>th</sup> May	Heron
19 <sup>th</sup> October	Robin			16 <sup>th</sup> May	Nightingale
26 <sup>th</sup> October	Woodpecker			23 <sup>rd</sup> May	Swift
Half term		Half term		Half term	
9 <sup>th</sup> November	Sparrow	22 <sup>nd</sup> February	Nightingale	6 <sup>th</sup> June	Woodpecker
16 <sup>th</sup> November	Kingfisher	29 <sup>th</sup> February	Swift	13 <sup>th</sup> June	Robin
23 <sup>rd</sup> November	Skylark	7 <sup>th</sup> March	Robin	20 <sup>th</sup> June	Jay
30 <sup>th</sup> November	Peregrine	14 <sup>th</sup> March	Woodpecker	27 <sup>th</sup> June	Kingfisher
7 <sup>th</sup> December	Sparrow	21 <sup>st</sup> March	Jay	4 <sup>th</sup> July	Skylark
14 <sup>th</sup> December	Heron	<b>EASTER</b>		11 <sup>th</sup> July	Spare incase of cancellation

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The safety and welfare of the pupils participating in Forest School and allotment sessions is paramount and therefore all tasks are age-appropriate and risk assessments have been carried out for all activities. The clothing that the children wear is also extremely important. Forest Schools will take place in all weathers, other than high winds and/or thunder and lightning. A safety sweep is done before every session so that we can ensure that the site is safe even if it is wet. To ensure that all children are able to access the sessions fully, please ensure that your child(ren) have the required clothes in school for every session (see below). The school will provide waterproof coats and trousers for all children to wear when it is necessary. If the correct clothes are not in school your child(ren) will spend the afternoon in the school building completing work left by their class teacher.

If you have any issues with getting the clothing your child requires, please do not hesitate to come into school to see us about it.

**Essential Equipment: Clothing (for adults and children)**

Please ensure that your child has the following items of clothing for the particular times of the year for their Forest School sessions. As previously mentioned, children will not be able to take part in the sessions if they do not have the appropriate clothing to protect them from the weather and from cuts, scrapes and stings. Adults and children must wear long sleeves tops and trousers at all times. Layering clothing is the best way to keep warm and adjust to suit their temperature. We do provide children with waterproof clothing to put over their clothes but please do be aware that your child may still come home with mud on their clothes.

As with all uniform, please make sure that **EVERYTHING IS LABELLED!**

Cold Weather	Hot Weather
Woolly Hat	Sun Hat
Scarf	Sun cream
Gloves	Gloves
Coat/Jacket	Coat/Jacket
Fleece/warm jumper	Sweatshirt/long sleeve top
Long trousers	Long trousers
Thick socks	Thin socks
Walking boots/Wellingtons	Walking boots/Wellingtons
A bag with spare clothes in.	A bag with spare clothes in.
A spare carrier bag for wet/muddy clothes and shoes.	A spare carrier bag for wet/muddy clothes and shoes.

Finally, in order for your child to take part in Forest Schools, the school must have an up to date completed medical form for them. If there have been any changes to your child's medical needs this year, please do contact the school office so that medical forms can be updated.

Please do not hesitate to contact me, or the office if you have any questions.

Yours Sincerely,

Mrs C Tilling

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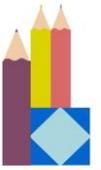


Headteacher



St White's Primary School

Challenge, Commit, Conquer and Celebrate



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