



Forest School Letter to Parents

Wednesday 2nd October

Dear Families of pupils in **BLUE CLASS**,

This term your child will be participating in Forest School sessions as part of our Curriculum.

What is Forest School?

Forest School has developed from the Scandinavian education System and is about children experiencing the natural world and learning outdoors. Children learn from first hand experiences and will develop skills like perseverance, independence and responsibility which will help to build self - esteem. These skills will also help children to achieve more in the classroom environment.



Clothing Required:

It is really important that your child remains warm and dry during forest school sessions.

Cold / rainy weather:

- Long-sleeved top.
- Long trousers.
- Waterproof jacket + trousers.
- Wellies or old water-proof boots/shoes.

Warm weather:

- Long sleeve top
- Long trousers.
- Wellies.
- Sun-cream and sun hat.



Forest School activities will go ahead in most weathers – sessions will only be cancelled if bad weather deems it to be unsafe.

When and where will Forest School take place?

Forest school sessions will take place during the school day. The sessions are usually 2 hours long and will run over a term. They will take place fortnightly. We are lucky

enough to lead these sessions in the forestry area towards the top of our school field. **Wednesday 16th October** will be the children's introductory session where they will learn the Forest School rules and procedures. The sessions will then commence again after half term and lead up to Christmas, again, fortnightly on a Wednesday. The session dates for next half term are as follows:

Wednesday 6th November
Wednesday 20th November
Wednesday 4th December
Wednesday 18th December.

Children will need to bring appropriate clothing as outlined above on these dates. Please send waterproofs and wellies in a bag clearly marked with your child's name. These will be stored in school and returned home after the block of sessions.

What benefits will my child get from Forest Schools?

Forest schools supports the holistic development of children whilst also developing children's:

- Health and fitness
- Being active in an outdoor natural environment.
- Emotional wellbeing – being outdoors and among nature has been shown to have a positive effect on our wellbeing.
- Social Skills – communicating, sharing, negotiating, problem solving, increased confidence.
- Skills development - Developing fine + gross motor skills and co-ordination for a real life purpose.
- Knowledge and understanding – multi-sensory real life learning, caring for green spaces and wildlife, understanding the importance of sustainability and the impact of climate change.
- Personalised learning - careful observations enable adults to tailor learning around interests and stage of development.
- Curriculum links – Coverage of a range of AOLE's in line with the Curriculum for Wales.

Should you have any questions, please don't hesitate to contact us through the main school office on admin@llangynwydps.bridgend.gov.uk

Diolch yn fawr,
C. Gwynne

Mrs. Corrina Gwynne - Forest School Leader & Family Engagement Officer