

11.11.25

Kingfisher Class – Forest School – Wednesday 26th November 2025

Dear Parents,

On Wednesday 26th November, Kingfisher Class will take part in a full day Forest School session in our school Forest Garden.

This will be staffed by myself as a trained Level 3 Forest School Leader, Mrs Green and a volunteer in the morning.

The children will be safely shown how to cut wood to make a decoration to be sold at the Christmas Fair, make dens and shelters, create natural art, draw with charcoal, make an obstacle course, play games, and cook food on the fire pit.

Children will have a school dinner/packed lunch as usual.

If the weather is against us, we may have to take some of the activities inside so our decorations are ready for the Christmas Fair and hold the Forest School day on the following Wednesday (3rd Dec). I will keep you updated.

Clothing:

Children need to come to school in their Forest School clothing ready for the session. They need to wear clean trainers and bring wellies to change into. We will be outside for most of the day so please make sure they are in warm clothing. They will need:

Boots – waterproof boots or a pair of waterproof walking boots. Make sure they will fit your child's feet properly allowing them to run and climb safely and are warm. Extra socks may be needed in winter.

Long trousers – These are useful in both summer and winter, to keep warm, dry and to protect from scratches, bites and sunburn. Even on warm days it can be cooler under the shadow of the trees/canopy and the site can be windy. Children do a lot of kneeling so trousers offer protection.

Long sleeved top – to keep warm and to protect from scratches, bites and sunburn. In winter the mid-layer should be a material which has good thermal properties.

Waterproof Coat - waterproof top and trousers or a waterproof all in one suit or dungarees are recommended.

Hat and gloves.

These should be old clothes or clothes that you do not mind getting dirty.



Where a love of learning grows
Growing in knowledge
Growing in faith
Growing in God's love
Philippians 4:13 **"I can do all things through Christ who strengthens me"**



About Forest School:

Forest School is a strand of outdoor learning and is child-led and play-based. Children have the opportunity to take supported risks appropriate to the environment and themselves offering opportunities for holistic growth. It develops confidence and self-esteem through child inspired, hands-on experiences in a natural setting and helps children develop socially, emotionally, spiritually, physically and intellectually.

It is a long-term process of frequent and regular sessions in our woodland environment and through it we aim to:

- **reconnect** children with nature supporting the development of their relationship with the natural world and their understanding of how they fit within the world through engaging with nature through all the senses, noticing, exploring and appreciating the beauty and wonder of nature. Research shows that the closer we get to nature, the happier we are, the more worthwhile life seems, and the more we are willing to take action to help wildlife and the environment.
- **reignite** their creativity and curiosity. Build resilience, confidence and self-esteem as we promote the physical, social, communication and emotional aspects of our children creating opportunities for holistic growth and supported risk-taking. Foster child-inspired opportunities to experience and celebrate the natural world, indulge in play and hands-on experiences, explore our personal and cultural stories, and nature's meaning to us.
- **rewild** ourselves, our school and our community through learning about and how to care for our well-being, nature and ecology; seeking opportunities to help nature and to improve biodiversity. Activating the emotions by seeking moments of awe and calm in nature, spirituality and being aware of these feelings building emotional intelligence.

Please sign and return the consent form by Wednesday 19th November to allow your child to take part in the session. Please see the website for our Forest School Policy.

If you have any questions or concerns, please do not hesitate to contact me.

Kind regards,

Miss Wragg



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Forest School Session Parent Consent Form

I agree/do not agree to my child (name of child)..... to take part in Forest School sessions at Cockerham Primary School. The sessions will be lead by Miss Wragg, a Level 3 Forest School trained leader. I understand that my child will have to come to school in their own outdoor clothing and footwear for the session and may be refused to take part in a session if they do not have appropriate clothing. I understand that my child may, at an appropriate level, have the opportunity to work with hand tools and small fires through the course of their forest school session. I understand that my child will work in a small group of no more than 1 adult to 8 children.

I understand that the school behaviour policy will be adhered to during the sessions and sensible behaviour is paramount for safety of everyone. We look after ourselves, look after each other and look after the environment.

I understand that the woodland area contains natural hazards such as stinging nettles, thorns, splinters etc.

We will have a first aid kit and will attend to minor injuries such as cuts or stings and will try to remove any splinters. Please sign below that you are aware of the increased risk of working outdoors and that you agree to the administration of First Aid:

Signed.....

Print name.....Date.....

