



## Farthinghoe Primary School

### **Information about Forest School for parents and carers**

We are delighted to say, starting on Tuesday the 20th Oct you child will be participating in monthly Forest School. The sessions will be led by Forest School Leaders from 'Muddy Feet' and will take place at the nearby Limes Farm.

Forest School is an amazing opportunity for children to be outside and develop in nature, in the educational child led sessions the aim is to let the children build resilience, confidence, relax, be heard, included, feel safe and have fun.

We will emphasise the importance of looking after ourselves, looking after nature and looking after each other.

#### **Where will Forest School be?**

We will walk as a class together with school and Muddy Feet staff to Limes Farm, where we will spend the whole day outside. Lunch, snacks and water bottles will need to be provided. We will walk together back to school ready for school finish at the end of day.

#### **What activities will my child be doing at Forest School?**

At Forest School the sessions will be both educational and child led, we will normally start with some time talking, and thinking about what we would like to do, looking at the changes in the seasons and site. We might climb trees, build dens, cook on a campfire, play team games and use tools for bush craft. As we are meeting monthly we will use this to our advantage and plot the Sun's journey through the months and the effect this has on our site.

#### **What does my child need at Forest School?**

Just a change of clothes, lunch, snacks and water bottles, with the British weather who knows what we'll get. We will go out in the rain and most weather. I would rather you pack extra layers and we don't end up wearing them than chilly children, if we get too hot we can always take off layers and hang them in a tree. Don't worry about fashionable or expensive gear, if you have it great, but the children might be rolling in mud or climbing trees! Here's a guide to what I would wear, if you have a child who gets cold feel free to pack extra layers. Please try and label things, just sharpie initials on the label will do! As we approach the warmer weather children will need to wear sun cream and sun hats. (All sun screen will need to be applied before they come to school).

**Woolly hat and gloves-** as the spring comes we will start taking them off but please

pack them in case we have a windy/ chilly day.

**Jogging bottoms/ trousers/ Leggings**

**Vest**

**Long sleeved T - Shirt**

**Jumper/ fleece/ cardigan**

**Waterproof coat with hood**

**Waterproof trousers**

**Two pairs of socks**

**Wellies/ Walking / snow boots**

**Please no short sleeves or shorts**

### Permission Slip

Name of child:

I can confirm that the medical information I have supplied to the school is fully up to date

Has your child ever been stung by a Bee/ Wasp Yes/ No

Has your child ever been stung by a Bee/ Wasp and had a allergic reaction Yes/No

Has your child ever had insect bite Yes/ No

My child has had a insect bite and had a allergic reaction Yes/ No

If your child has been prescribed with a auto injector (e.g. EpiPen) are there 2 pens at school?

Yes/ No

Any other allergies/ medical information/ requirements or needs you would like me to be aware of

I am happy for my child to be given a warm drink and snack provided by Muddy Feet or Limes Farm  
(for example a biscuit, marshmallow or hot choc/ squash) Yes /No

My child has the following food allergies/ intolerances/ dietary requirements

I give permission for my child or child's work to be photographed to be used anonymously for  
evaluation and reflection. No child's faces will be shown or images with names.

Yes/ No

Any other comments:

Signed Date

Please complete and return to the school office with the attention of 'Muddy Feet'.

Contact us [www.muddyfeetraining.co.uk](http://www.muddyfeetraining.co.uk)

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