



# Ellistown Primary School

Whitehill Road, Ellistown, Coalville, Leicestershire, LE67 1EN

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Chair of Governors: Clive Taylor

Head Teacher: Simone Fellows

Assistant Head Teacher: Becky Davies

## Forest School

Dear Parents/Carers,

All year groups will be participating in Forest School at some point during the school year. Children **must** wear the appropriate clothing as Forest School will take place in all weathers and will only be cancelled in extreme weathers. If this is the case, you will receive a notification. Children **MUST** wear long sleeve and long trousers in **BOTH** winter and summer to protect them from insect bites, sunburn, stinging nettles and thorns.

### What is Forest School?

Forest School is an ethos which encourages the development of children's emotional and physical development through outdoor play, activities and exploration in a woodland environment. The philosophy of Forest School is to encourage and inspire individuals of any age through positive experiences and participation in engaging and motivating achievable task and activities fostering:

- Independence
- Resilience
- Perseverance
- Team building
- Problem solving
- Fine Motor skills
- Social Skills
- Knowledge and understanding of the natural world
- Confidence and Self-esteem
- Language and communication

As well as other forest school activities - we believe that allowing children to engage with fire and tools under controlled conditions can have a tremendous educational and developmental benefit. These activities are designed to teach children about responsibility, risk assessment, and the safe and respectful use of tools. By introducing them to age-appropriate tools and teaching proper hand techniques, we empower children to develop important skills such as problem solving and concentration.

When it comes to fire, children are taught the principles of fire safety and fire management. They learn how to build and maintain a controlled fire, understanding the importance of fires as a tool and its role in human history. Under close supervision, they are given a chance to cook fresh food over the fire and sample many international dishes.

The forest area we use is fairly dry but has a lot of sticks and plants underfoot. A lot of hard work has already gone into managing the area (and is an ongoing commitment) but in order to ensure children are sufficiently protected from the weather and can participate fully and comfortably in each session, the children must wear the following clothing.

**(This clothing may get muddy so old clothes are best!)**

It is recommended children should wear a long sleeved top and long trousers in **both** winter and summer to protect them from insect bites, sunburn, stinging nettles and thorns.

## **WINTER CLOTHING**

- Long sleeved top/jumper
- Long trousers
- Warm hat and gloves
- Wellies or trainers **(NO OPEN TOE SHOES)**
- Waterproof coat or another coat

## **SUMMER CLOTHING**

- Light long-sleeved top
- Light long trousers
- Sun hat/cap
- Sun cream
- Wellies or trainers **to get changed into**. Not the shoes they will be wearing for the rest of the day **(NO OPEN TOE SHOES)**

Forest School sessions run in all weathers. Only in extreme weathers such as high winds, ice etc will the session be cancelled. You will be notified if this is the case and the children will be given an opportunity on another occasion to take part in forest school.

If you have any questions or concerns regarding Forest School please do not hesitate to contact Mrs Heath through the school office on [admin@ellistown.leics.sch.uk](mailto:admin@ellistown.leics.sch.uk) who is our Forest School lead.

We look forward to working with your child and hope they can share their experiences with you.

Kind regards

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