

FOREST / BEACH KINDERGARTEN

**Information for
parents / carers**

***Working together to
achieve more***



BEANSTALK
Family Nurture
Centre

What is Forest & Beach Kindergarten?

Forest / beach kindergarten experience is a holistic and learner-led activity. It allows children to learn and develop through a healthy engagement with risk, problem-solving and self-discovery, all within a natural environment and in a hands-on and thoughtful manner.



Some of the benefits of Forest / Beach kindergarten include: -

- Positive well being as outdoor play naturally relieves stress
- Self awareness / self esteem / confidence and resilience
- Knowledge and understanding of the world
- Fostering a relationship between the learner and nature
- Supports communication skills
- Helps development of social skills
- Empathy for each other and for nature
- Encourages problem solving, risk taking and creativity
- Supports physical development - gross and fine motor skills

Where do the sessions take place?

Our Kindergarten sessions take place in Townhill Woods (forest) and Aberdour (beach).



It is important that the venue remains the same to enable the children to revisit, extend and reinforce their learning.

We will visit the venues regularly throughout the year. Children can see the seasonal changes in their learning environment during this time.

Thorough risk assessments of both areas have been completed. Staff continue to risk assess on every visit.

Weather and its impact on the Kindergarten experience.

Forest / beach kindergarten will happen during all kinds of weather - wet, damp, frost, snow, cold, hot, warm, foggy.....however, it will not take place if: -

- The wind is dangerously high
- The rain is torrential
- There are blizzards of snow and ice
- The roads are not safe / passable.

The role of parent /carers

Please support us by ensuring that your child is dressed appropriately for the weather.



We suggest an outdoor suit over loose clothing and wellies.

If you do not have these items, please speak with member of staff who will arrange for you to borrow them from the nursery.

Items for your child's nursery bag: -

- Extra clothes (including socks) in the event that they get dirty/wet.
- Shoes to change out of wellies.



The kindergarten sessions will take place one day a week for a block of 4 weeks.

All children will have the opportunity to attend for at least one of the blocks.

A maximum of 12 children will attend with 4 / 5 adults for the whole 4 weeks.

The same children and adults will attend for the duration of their block to support with continuity.