

Dear Parents/Carers,

We will be leading a series of Forest School sessions for Motivational Mondays.

Forest school encourages the development of physical and emotional wellbeing through outdoor activities and woodland exploration. It is designed to foster independence, confidence, communication skills and self-esteem.

Our Forest school will take place in the woodland area just across the road from the school. It will take place outdoors in all weather; excluding days when there is a strong wind. Therefore appropriate clothing is essential. I would recommend

- old clothing to change into
- boots, wellies or old trainers
- warm clothes to suit the weather
- waterproof clothing (the school has sets which we can lend)

The children will take part in den building, shelter building, bug hunting, knot tying, and other creative tasks based on the children's interest. We will also be lighting a camp fire and using tools. All of the tasks will be checked for safety and a risk assessment will be carried out.

Your child has chosen to take part in Forest school as part of the Motivational Mondays offering and will be joining the sessions. Please complete and return the consent form at the bottom of this letter.

Thank you for your support,

Miss S McCormick, Miss L Wallace & Mrs McKnight

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Name \_\_\_\_\_ Class \_\_\_\_\_

Forest school session Dates:

Monday 27<sup>th</sup> April

Monday 11<sup>th</sup> May

Monday 18<sup>th</sup> May

Monday 1<sup>st</sup> June

Monday 8<sup>th</sup> June

I confirm that I give permission for \_\_\_\_\_ to take part in forest school sessions.

Signed \_\_\_\_\_ Date \_\_\_\_\_