



Being Prepared for Forest School: Information for Parents/Carers

Forest School lasts for half a day a week on a Tuesday and will take place in virtually all weathers. This means that children need to be kept cool (on hot summer days), warm (on chilly/cold days) and dry – at least on the inside!

Clothing advice for children:

- Bring a complete change of clothes (including socks. Especially socks) for your child to wear on Forest School day. We will not be wearing school uniform.
- Suitable clothes should be able to keep children warm (or cool, depending on the season) and comfortable for up to 3 hours outside, whatever the weather. They will almost certainly get very dirty and often wet.
- Legs and arms must be covered even in hot weather – long sleeves, long trousers, not shorts, T shirts, skirts or dresses.
- Hiking-type boots are best, wellies are perfect, if it's muddy! However, we know that not everyone has these. If you don't, then flat comfortable shoes/trainers that will stay on, in the mud and keep feet warm and DRY in the wet, long grass. They will almost certainly get very dirty. (And may get very wet even in dry weather if we end up using water). No sandals.
- Gloves are essential protection for some activities, so please make sure these are always in your bag – even on hot, sunny days! A cap and sunscreen are necessary on a sunny day. They will almost certainly get very dirty. A waterproof coat is essential – remember we may be playing outside for 3 hours in the rain. It will almost certainly get very dirty.
- We have mats to sit on when it's wet and have tarps but these will only afford a little weather protection. Your child's enjoyment will be affected by how comfortable s/he feels!

