



The Wolds Federation

Executive Headteacher Mrs E Harros

www.thewoldsfederation.co.uk

6th September 2024

Forest School Sessions

Dear Parents and Carers,

Forest School is child-led activity that gives our children the opportunity to explore nature in our outdoor woodland areas. We are fortunate to have this space and to be able to incorporate this into our school timetable.

Forest school is a long-term program that supports play, exploration and supported risk taking. It develops confidence and self-esteem through hands-on experiences in a natural setting.

Research shows that Forest School and outdoor learning is good for children's mental health and positive wellbeing.

During our Forest School sessions we will explore:

- Forest Exploration
- Den Building
- Campfires
- Bird Boxes
- Bug Hotels
- Shelter Building
- Nature Crafts and many more

Our children will be getting muddy during these sessions, so we ask children to come to school with suitable, warm waterproof clothing and wellies. Arms and legs will need to always be covered during a forest school session. The sessions will be during their PE lessons on a Tuesday, the children will still need to arrive in their normal school uniform.

Yours faithfully,

Mr Lapworth
Sports Development Officer



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