

### What should my child wear?

It is very important that your child is dressed appropriately for Forest School camp, in order for them to enjoy the experience and opportunities we provide. Your child should arrive wearing old clothes, with their waterproofs and additional clothes packed in a bag. The kit identified below, will help protect your child from the elements:

- Waterproof coat
- Waterproof trousers that are warm and comfortable (optional)
- Wellington boots
- Warm hat, scarf and gloves
- Warm trousers
- Long-sleeved jumper or fleece
- Long-sleeved top
- Thick socks - thermal if possible or two pairs of cotton socks

### What if it's raining?

There is no poor weather, only poor clothing! Forest School camp will run in all elements, rain, snow, sun... Unless the weather conditions deteriorate and become hazardous; such as thunderstorms or very high winds, we will be outside. Therefore, it is very important your child is dressed appropriately.

### What do I do next if we are interested?

If you would like your child to attend Forest School Camp on Wednesday 28<sup>th</sup> October, please complete the permission form and return it to Rebecca Dodman, Horringer Pre-School, Meadow Drive, Horringer, IP29 5SB, with your payment (cash or cheque). Alternatively you can complete the permission form electronically and send to [rebeccadodman@gmail.com](mailto:rebeccadodman@gmail.com) Please BACS your session fee to 40-15-22 11498622. Please note the session is limited to 12 children per session and spaces will be served on a first come first served basis.

If you have any questions please contact Rebecca at [rebeccadodman@gmail.com](mailto:rebeccadodman@gmail.com)

*Nurturing unique individuals through nature*



# Forest School Half Term Camp



Wednesday 28<sup>th</sup> October

Information for Parents/Carers

### What is Forest School Camp?

At Forest School Camp we provide enriching activities that give children aged 5-10 the opportunity to immerse themselves in our safe woodland area; to develop their wellbeing and social skills with others outdoors. During camp they will be encouraged to take managed risks and make positive choices; while have fun and enjoying the great outdoors.

### Where is Forest School camp? Who runs it?

Our Forest School camp will be held with the woodland area of Horringer Pre-School, Meadow Drive, Horringer, IP29 5SB. It is run by Mrs Rebecca Dodman, a Level 3 trained Forest School Leader, qualified Primary School Teacher and Paediatric Outdoor First Aider. Our October Half Term camp will be held on Wednesday 28<sup>th</sup> October. There are two sessions 10.30-12.30 and 1.00-3.00. The cost is £12 per session.

### What is a Forest School session like?

The first session begins at 10.30am and the second at 1.00pm. We welcome the children into the woodland and share our rules (look after yourself, look after each other and look after the woodland). We will play games to establish our boundaries. The activities, tools and tool procedures will be introduced for the session, to ensure all children understand how to use the resources safely. The children have the opportunity to participate in the planned tasks, as well as initiating their own activities. Activities may include: den building, wild art and crafts, low ropes and balance bridges, mud sculpting, and bug hunts. The children will also play games and be offered refreshments in the woodland.

### How do we keep the children safe?

At Forest School camp we will use tools (for example; vegetable peelers and mallets) to develop the children's skills and to enhance their outdoor experience. Each tool is introduced with a tool safety procedure; to

ensure all children remain safe. Tools will be used within the designated safe area under adult supervision.

The Forest School site has been carefully assessed and the children will be given clear boundaries and instructions, to ensure they can take and manage risks within the safe woodland environment. The children will be supervised throughout the session by two adults. Rebecca Dodman holds appropriate Public Liability Insurance for Forest School activities.

We have also considered 'Government guidance for out of school settings' to keep us all safe during the Coronavirus pandemic. Therefore, we will ensure the following key measures are in place:

- Minimising contact with staff, children and young people, who are unwell by ensuring those who have coronavirus (COVID-19) symptoms do not attend camp. This also applies if a member of their family has symptoms or has tested positive for COVID-19, or if they have been advised individually by NHS Test and Trace to isolate at home because they are the contact of a case that does not live in the same house
- Encouraging staff and children attending to clean their hands more often than usual, including before and after activities and before and after using toilet/washroom facilities
- Ensuring good respiratory hygiene by promoting the 'catch it, bin it, kill it' approach
- Cleaning frequently touched surfaces more often than usual using standard products, such as detergent
- Frequently clean our toilets and washrooms
- Minimise the contact and mixing between groups of children by altering the environment to allow for social distancing between children and keeping children in separate groups for the morning and afternoon sessions
- Ask parents/careers to wait on the grass area (socially distanced) when dropping off and collecting their child