

Important Information

Clothing

We often get muddy at Forest School so old clothes are best. It is important that the child is dressed for the weather.

Winter

- Warm clothes (lots of layers are best)
- Hat and gloves
- Waterproof coat
- Waterproof trousers
- Wellies or sturdy boots

Summer

- Long sleeved top and trousers (no shorts)
- Bring a cold drink
- Sunhat and sun-cream
- Sturdy trainers or boots still need to be worn.



Food

We don't always provide food at Forest School. We may make a hot drink or do some cooking over the fire, but this is not every session. It's good to bring a healthy snack because being outdoors makes you hungry. For a whole day or lunchtime session please bring a packed lunch.



Toileting

Most of our nature reserves don't have toilets. At Forest School we do wild wees and if a child does need a poo we have a kit in our bag to deal with this. If your child has any special toileting or personal care needs please tell us.

Transport

Leaders will usually collect children by car, either from school or home. If your child needs a booster seat, gets travel sick or has any other special requirements for travel, please tell us. We always have the child safety lock on and an adult will travel in the back of the car with the child.

Get in Touch

For more information please contact **Gail Grimes**, the YEW Team Leader on **07736 457649** or email gailg@wiltshirewildlife.org.



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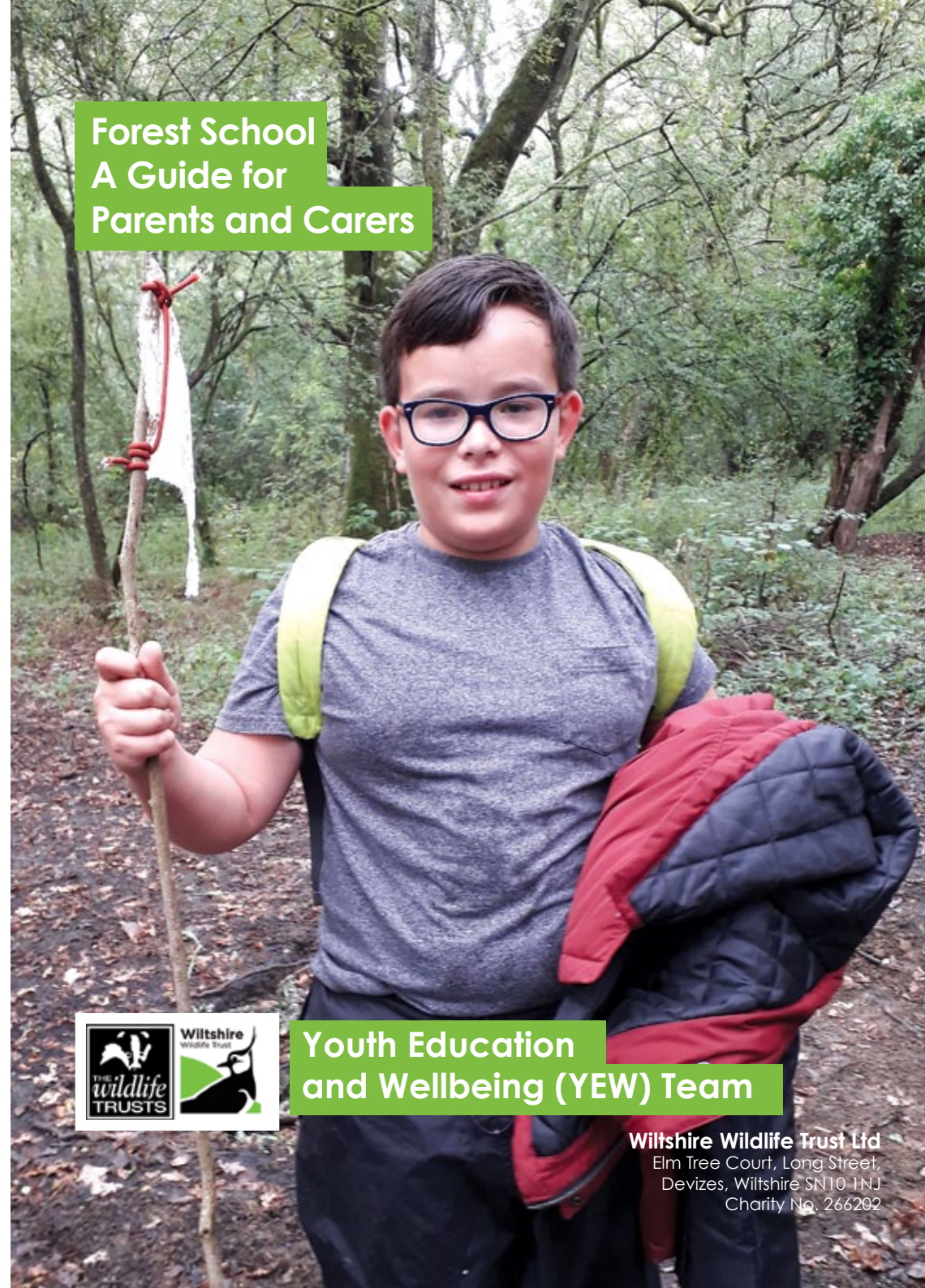
www.wiltshirewildlife.org

Forest School A Guide for Parents and Carers



Youth Education and Wellbeing (YEW) Team

Wiltshire Wildlife Trust Ltd
Elm Tree Court, Long Street,
Devizes, Wiltshire SN10 1NJ
Charity No. 266202





What is Forest School?

Forest School sessions are led by staff in the Youth Education and Wellbeing (YEW) team at Wiltshire Wildlife Trust. We are a charity working to protect wildlife in Wiltshire and connect people with nature.



Forest School is about allowing young people to benefit from time out in nature where they can play and learn new skills. At Forest School we provide varied activities based around the interests and needs of each child.

Lots of children we work with have low self-esteem and are scared of trying something new in case they fail. Forest School helps them with this by supporting children to gradually develop their confidence in a safe environment.

Activities may include

- 🍁 Exploring and playing games
- 🍁 Pond dipping and bug hunting
- 🍁 Fire lighting and cooking
- 🍁 Making art with leaves and berries
- 🍁 Den building
- 🍁 Rope swings and hammocks
- 🍁 Using tools such as saws, secateurs and peelers to make things



Keeping Safe

Our leaders are very experienced. For activities like using tools, lighting campfires or tree climbing, they will give specific instructions about how to do this safely and only when they feel the child is ready.

Ground Rules

There aren't many rules at Forest School. Those we do have are about keeping safe and it is important that children understand these:

- 🍁 *It's fun to explore but stay where a grown up can see you.*
- 🍁 *If you need some space to calm down or chill out, tell a grown up so they know where you are.*
- 🍁 *Do not put any plants, berries or mushrooms in your mouth.*
- 🍁 *Be sensible near water and listen to the leader.*



“ This is the most fun I've ever had and I have learned so many things. ” P, aged 8

“ When I'm at Forest School, I feel alive. ” K, aged 11

Important!

The places where the sessions take place are public areas of woodland or grassland and are not fenced in. All are open to the general public and we do encounter dogs off the lead, so please make us aware if this could be an issue.

