

# What will my child need for Forest School?

*In Scandinavia, where Forest School originated, there is a saying that goes, 'There is no such thing as bad weather, only bad clothing'.*



## Essential winter kit:

For this reason, it is important that children are well equipped for Forest Schools as it will take place whatever the weather (except when the weather is extreme and poses a potential risk)

Suitable winter clothing, e.g. **fleece, thick jumper, warm jogging bottoms, hat, scarf, gloves, thick woolen or fleece socks and Wellingtons** are all essential items.

They will wear these underneath the waterproof clothing to ensure they are warm enough whilst in the woodland. The children can keep these in school in a separate bag, they will bring them home each half term to be washed or if they become dirty or wet through.



**Please bring these items of clothing in by September to ensure that they are well prepared as the colder Autumn months approach.**

School provides a set of waterproof jackets and over trousers for each child to wear in the woodland, however these are not fleece lined so although they protect children from the rain they are not necessarily good at insulating heat during the colder months. Therefore we suggest that if children have their own warm, waterproof jackets that you prefer them to wear, then please ensure they have these in school on Forest Schools day.

## Essential Summer kit:

Sun hat, sun cream, anti bug repellents spray, a thin long sleeved top, long trousers and wellingtons.

