



SOUTH WILFORD Endowed C of E Primary School

9th September 2025

Dear Parents / Carers,

We are excited to inform you that we will be introducing Forest School to our Reception Children.

Forest School gives children the unique opportunity of learning in an outdoor 'woodland' environment which we are lucky enough to be able to provide within our school grounds.

What is Forest School?

Forest school is an opportunity for your child to experience nature and the outdoor environment in a safe, secure and hands on way. Forest School allows children to explore, play and problem solve using a range of activities with the aim of building their sense of independence, self-esteem and teamwork abilities. The children are taught about nature and how to respect all living things. In our Forest School sessions children will learn how to use tools and we will have a camp fire in some sessions.

When will sessions run?

Forest School sessions will run on a Tuesday afternoon over a 6-week period. A separate Dojo message will be sent to you informing you of when your child's sessions will be. The Forest School groups are a mixture of Dublin and Oslo class. Each group will have two Forest School slots through the academic year. The structure of the slots are as follows:

- Group A – Autumn 1 and Spring 1
- Group B – Autumn 2 and Summer 1
- Group C – Spring 1 and Summer 2

What to Wear Forest School Clothing guide:

"There is no such thing as bad weather, just unsuitable clothing!"

We value and recognise the effort it takes to ensure your child comes prepared, so that they can get the most out of Forest School sessions. In particular, this means making sure they are appropriately dressed. It can be hard to predict just how many layers a child will need but it is always colder in the shaded areas under the trees.

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Please see below for our recommendations. Your other crucial role is to embrace the mud!
Please remember that they will almost certainly get dirty during the session!

Layers! THE best way to keep warm.

- add one more than you think (We can always remove a layer but once cold, it can be hard to warm up)

Waterproof trousers

- Essential!
- Standard 'thin' pair in summer for protection
- Ski trousers ideal in winter OR extra layer under trousers
- All-in-ones

Trousers

- Full length for protection
- Extra pair of leggings/tights/thermals under normal trousers in cold weather

Warm socks

- Wellies get very cold!
- Extra pair of wool/ fleece/ fluffy socks inside wellies (Normal socks in wellies are not warm enough for cooler weather)

Waterproof coat

- Preferably with a hood
- Thick and warm in winter (or use an extra fleece layer)

Warm hat

- Preferably covering ears.

Mittens/Gloves

- Thermal and waterproof (Knitted gloves get damp and do not keep little hands warm enough during the colder months. Don't worry about mittens limiting finger movement as the cold is much more limiting!)

Tops

- ALWAYS long sleeves (to minimize risk from stinging nettles and biting insects etc)
- At least 3 layers under coat in winter (eg. top, jumper, fleece and coat, or 'base layer', top, warm jumper and coat) Waterproof boots
- Wellies are essential! (Alternatives include snow boots and walking boots)

Please Note! In summer, wellies, waterproof trousers and light long sleeves are still essential, to protect from thorns, nettles, ticks, insect bites etc. Please also send a sunhat in hot weather.

- An emergency change of clothes and a carrier bag for dirty/wet clothing.

Please **NAME EVERYTHING**, including the bag with the Forest School items inside. We are happy to keep Forest School clothing, such as welly boots and waterproof trousers/all-in-ones at school, but ask that you dress your child for the colder months at home E.G layers, warm socks, tops.



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