



Sophie Kyle

Programme: Saturday Forest School Club
Pick Up and Drop Off Location: Pollok House Car Park
Start Date: 5th October 2019
End Date: 9th December 2019

Dear Parents and Carers,

We are excited to welcome your child to our forest school programme, thank you for booking.

*“The philosophy of **Forest Schools** is to encourage and inspire individuals of any age through an innovative, long term, educational approach to outdoor play and learning in a woodland environment.” - Forest School Education*

During sessions children will be exploring, playing and learning through a range of activities which the leader provides, and activities your child designs along their journey through our sessions; this is what forest school is all about. We aim to support children to build a sense of independence, increase self-esteem and their understanding of team work, and health and safety considerations are always priority for our leaders.

Forest school will run whatever the weather, cold or warm, and it's important everyone is prepared for this. It is recommended that **children dress for the outdoors** and be prepared for wet weather. Multiple thin layers are best for warmth and can always be removed if too warm. Please use old clothes as children will get dirty, after all, they are exploring the outdoors. There is a basic list below detailing things to wear and bring.

- Strong trainers, boots or wellies (Please note a spare pair of shoes are important) waterproof shoes are preferable.
- Long trousers (Some activities will be restricted if wearing shorts or have your legs exposed)
- **Waterproof jacket**
- A water bottle
- Hat. (sun or winter)
- Gloves (During Autumn and Winter months)
- Long sleeved top
- Waterproof over trousers (or a spare pair of trousers if wet)
- A small rucksack.
- A jumper (Plus spare)
- Personal snacks (No nuts allowed)
- Sun and insect repellent (we carry our own too which children can use)

Sunny and warm weather at the start of a session can change within minutes in Scotland, so please send your child ready for all weather. We go out if it's raining, hailing, or snowing! Our weather cancellation policy is here.

The children are be the main focus of what we do and are encouraged to get involved in all activities. Our leaders operate under strict health and safety procedures, and activities range from outdoor play to outdoor cooking on an open fire. Your child may get the opportunity to use tools, build dens or help with lighting fires. All of these activities are risk assessed and are run by qualified leaders.

This is a long-term approach to learning, and children develop skills and confidence over a number of weeks and months at forest school, we appreciate all parents' support this journey.

Thank you,

Sophie Kyle

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