

EYFS Forest School

Dear Parent/Carer,

As you may already be aware, your child will be taking part in Forest School in EYFS this year. The children will undertake Forest School sessions every **Thursday**. The sessions will **alternate weekly between mornings and afternoons** throughout the year. **The first session will be on Thursday 2nd October and is a morning session.**

At Forest School, children are encouraged to explore, discover, and sometimes get muddy – and that’s a really good thing! Research shows that mud play offers powerful health and wellbeing benefits:



- **Stronger immune systems** – contact with soil microbes can strengthen children’s immune systems and help them fight off illnesses.
- **Happier moods** – playing in mud can trigger “feel-good” brain chemicals, lowering stress and boosting confidence.
- **Better focus and resilience** – outdoor, sensory play supports emotional regulation and helps children concentrate.
- **Growth and development** – digging, building and experimenting in mud develops creativity, problem-solving, and motor skills.

Here is a great website to look at if you want to read more about the science and the benefits of mud:

<https://www.natureplaywa.org.au/science-mud-play/>

A little mud really does go a long way in helping children grow healthier and happier. Therefore, please dress your child in old clothes that you don’t mind getting dirty!

Children should come to school every Thursday dressed ready for Forest School (**school uniform is not to be worn on Thursdays**) and **bring named spare clothes in a named plastic bag in case they need to change after Forest School**. They will bring home their kit on the same day.

Please dress your child appropriately for Forest School. We suggest:

- at least two layers for their legs such as a pair of old trousers and some PJ bottoms/leggings/tights
- three layers for the top half such as a vest, a long-sleeved t-shirt and a jumper, as well as a warm coat
- at **least two pairs of socks**
- hat, gloves and snood (no scarves for safety reasons)
- named waterproof overcoat and waterproof over trousers in a **named plastic bag**
- named waterproof footwear such as wellington boots or snow boots in a **separate named plastic bag**

Your child will be taking part in Forest School whatever the weather (with the exception of lightning storms, high winds or torrential rain) so please make sure they bring the **full named kit to school every week** otherwise the Forest School experience is not as enjoyable.

The Forest School motto is: **“There is no such thing as inappropriate weather, only inappropriate clothing!”**

When the children have a morning session, please provide them with a snack and drink to take out to Forest School. This can be more substantial than their usual fruit and water snack, to sustain them through the outdoor session. For example, they can bring a brioche, a cereal bar, some cheese, or a small sandwich and one drink, such as hot chocolate, a milk shake, milk, fruit juice or a smoothie. If sending in a warm drink, such as hot chocolate, please ensure it is cool enough for your child to drink safely. The children will still need to bring in their usual bottle of water to access at lunchtime and throughout the afternoon; this should come into school with your child as normal.

Please note the more substantial Forest School snack only needs to be provided when the children have Forest School in the morning. The morning dates for the Autumn Term are:

2nd October, 16th October, 6th November, 20th November

As always, please ensure all clothing, footwear, drinks and snacks are named. If you have any questions, please don't hesitate to ask.

Thank you for your support,

Katherine Grindrod (Forest School Leader)

