

## **Forest School Information for Parents and Carers**

Please dress your child appropriately for the sessions. Suggested clothes are as follows: -

**For the warmer weather:**

- **OLD CLOTHES** - long trousers (to prevent stings, prickles, scratches etc.) **NEVER SHORTS OR JEANS PLEASE** and make sure there is no gap between the trousers and sock (prevents stings and scratches)
- T-shirt - **long** sleeve
- Jumper
- Sun cap
- Shoes that can get muddy.
- Sun cream applied before school.

**In the winter months** it can get very cold and chilly, and your child will need to be warm. For the colder weather, lots of layers are recommended: -

- Cotton vests / base layer – this is highly recommended.
- Long sleeved tops. Tops **MUST** be long sleeved as there are stinging nettles and prickles.
- Fleeeces and/ or woolly jumpers
- Tracksuit trousers, **never jeans as they get cold and damp when wet.**
- Thick welly socks and cotton socks. (2 pairs of socks, one long pair like ski tubes or walking socks that are warm to put on top of the socks they come to school in)
- Gloves (waterproof if possible),
- A hat that covers their ears
- Scarf / snood
- Gillet or similar to add layers, if required.
- Warm, thick waterproof coat - When it is cold, we wear 2 coats!

### **PLEASE NAME EVERYTHING THEY WEAR!**

Sometimes it is better to buy a larger size wellington and put in insoles and/or you can also line them with newspaper to help with insulation.

Each week, we have hot chocolate and biscuits or marshmallows. This is provided by parental donations. If you feel you can provide some for us, we would be so very grateful.

Donations of the following would be wonderful:

- Instant hot chocolate
- Marshmallows (large or mini)
- Biscuits – rich tea or digestive (with / without chocolate)