



EYFS Forest School Guide 2023/2024





Aims

- To promote the childrens independence and self-motivation, leading to greater self-esteem.
- To allow children to play, explore and develop practical skills, and to build and strengthen their bodies and minds.
- To develop an awareness of the natural environment and our impact upon it.

EYFS Forest School Routine

- Arrive at school dressed for Forest School
- Registration and use the toilet
- Walk to the site (approximately 10 minutes)
- Gather at the log circle for welcome and brief discussion about the session.
- Child led and/or adult supported activities
- Gather at log circle for reflection on the session
- Walk back to school



Weather

In our experience it's better to hope for the best but to expect the worst. Even bright, sunny days can hide a chill wind. We ask that you dress your child in layers: two or three layers of clothing will keep your child warmer than one thick jumper. Also, should the weather be warm then layers can be taken off. It's much easier to cool a child down than to warm them up!

Mud

Children love mud, and it's fair to say that your child will, at some stage, return home very muddy! We advise that you dress your child in old clothes that you don't mind getting muddy and grubby so they can enjoy sessions without worrying about their clothes.

Forest school will take place in most conditions, so be prepared!

Health & Safety

- Each session will be led by a trained Forest School leader.
- Prior to every visit the First School leaders will carry out a risk assessment and take appropriate action to remove hazards.
- Weather conditions will also be assessed, but Forest School will not take place in stormy or very windy conditions.
- Forest School leaders are trained in paediatric outdoor first aid.

Woodland Management

The site will be checked by the Forest School leaders before every session and they will carry out a risk assessment and take appropriate action to remove hazards. .

The site will be regularly assessed by an arboriculturalist and appropriate action will be taken, if necessary.

Careful management of high usage areas of the woodland is planned in.

Clothing

- **Footwear** - wellingtons or walking boots are excellent, but always wear extra socks
- **Trousers** - please wear long trousers (even in summer). In cold weather we suggest tights or long johns underneath.
- **Tops** - children need to wear layers e.g. thermal vest, t-shirt, jumper
- **Gloves/Hats** - we advise these, and they can always be put in pockets if they are not needed.

Illness

We really value the learning experiences children have at Forest School. At Rodings we strongly believe that Forest School is a vital part of our curriculum. Therefore, if your child too unwell to attend Forest School, then they are not well enough to attend school



Ticks

These creatures live in long grass and can attach themselves to bare skin, and sometimes transmit Lyme Disease. Covering up properly is an obvious way of easily protecting ourselves. At school we try to be as vigilant as possible and we check after each session, but we request that you also check your child, once at home.

What is a tick and what does it look like?

Ticks are small, blood-sucking creatures that are related to mites. They have eight legs and look like tiny spiders. Ticks can survive in many places but prefer woodland conditions. This is also where the animals they feed on (deer and foxes) are most likely to visit?

Why do I need to be aware?

Apart from being an unpleasant thing to find, ticks can transmit up to three different diseases, the most common being Lyme Disease. Being bitten will not automatically result in contracting an illness, as not all ticks are infectious.

I've found a tick. What do I do?

- Don't panic
- With pointed tweezers grasp the tick as close to the skin as possible. without squeezing the tick's body, pull the tick out without twisting– there may be considerable resistance. If no tools are available, rather than delay use cotton thread– tie a single loop of cotton around the tick's mouthparts, as close to the skin as possible, then pull gently upwards and outwards
- DO NOT squeeze or twist the body of the tick, as this may cause the head and body to separate.
- DO NOT use your fingernails to remove a tick. Infection can enter via any breaks in your skin, e.g. Close to the fingernail.
- DO NOT crush the tick's body, as this may cause it to regurgitate its infected stomach contents into the bite wound.
- DO NOT try to burn the tick off, apply petroleum



