

# Forest School Information for Parents



## Enjoying the outdoors whatever the weather

Being able to be outdoors in different weather conditions helps children build up their resilience. We say there is no such thing as bad weather only bad clothing!

## What happens in extreme weather?

Forest School will take place in all weathers, so even if it is pouring with rain we will be going outside.

Keeping everyone safe at Forest School is our utmost priority and there are some occasions when the weather may make it unsafe to go into the wooded area. These are times when we have very windy conditions or if there is lightening. In the case of lightening the session will be cancelled or abandoned as we seek shelter. In windy weather we would where possible continue with the session in an open area outdoor area away from the trees.



## Mud is good!

Mud really is good for you. Both in building up the immune system but also for our mental wellbeing. The smell in soil has been shown to boost serotonin and norepinephrine circulating in the systems of both humans and mice. In other words, it works in much the same manner as antidepressant pills.

An article published on the BBC stated the following: (Oct 2022)

“According to recent research, the dirt outside is teeming with friendly microorganisms that can train the immune system and build resilience to a range of illnesses, including allergies, asthma and even depression and anxiety.”

## What to wear to Forest School?

Your child will enjoy their Forest School experience more if they are dressed appropriately for the conditions. The weather in autumn can be very changeable and unpredictable we therefore advocate layers! We may go from very warm days to frosty days in a short space of time. Please check the weather forecast on a Forest School day and make sure your child will be dressed warmly enough and don't forget that those little feet can get very cold in wellies.

Today			
11:00	12:00	13:00	14:00
Weather symbols			
Chance of precipitation			
10%	<5%	<5%	<5%
Temperature °C			
16°	17°	17°	18°
Feels like temperature (°C)			
14°	15°	15°	16°

We recommend using the Met Office to check the weather. Take note of the “feels like temperature” as this can be some degrees lower than the predicted temperature.

The temperature in the woods is always a couple of degrees warmer in the winter and can be quite a few degrees lower in summer in the shade of the trees.

There is a list below with our recommendations for what to dress the children in.

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## What to wear to Forest School in Winter

Please ensure that your child has plenty of layers on, especially on cold days. Don't forget those little feet can get very cold in wellies. Consider upsizing to get more pairs of socks on.

- Base layer of thermals such as tights/leggings/vest
- Pair of thick comfortable trousers (on top of the base layer)
- Long sleeved t-shirt or top
- Thick jumper
- Two pairs of socks. On the bottom, one thin cotton sock, and the top, a thick wool or fluffy bed sock, **PLUS** spare socks to change into (water sometimes ends up going inside wellies)
- Thick fleece or coat if the coat/waterproof jacket is not insulated (a thin waterproof puddle suit can go over the school coat if it is big enough)
- Waterproofs (all in one suit or separate jacket & trousers, consider upsizing to get extra layers including a thick coat underneath for the winter months).
- Wellies/walking boots, snow boots that are waterproof and you don't mind getting muddy. (Consider thermal lined wellies to help with winter cold feet or upsizing to allow for wearing of multiple pairs of socks). (These will stay at Preschool)
- Gloves (ideally waterproof mittens, Decathlon do cheap ski mittens)
- Warm hat

**ALWAYS** ensure that your child has spare socks to change into back in school, just in case the ones they get wet (this happens more often than you may think).