



St Catherine's Catholic Primary School

Highdown Drive, Littlehampton, West Sussex BN17 6HL

Tel: 01903 716039

Website: www.st-catherines.w-sussex.sch.uk

Email: office@st-catherines.w-sussex.sch.uk

7 May 2026

Dear Parents / Carers,

On Monday 1 June, Forest School starts for **Year 1 and Year 5**. The sessions will take place onsite, outdoors whatever the weather, and the expectation is the children will spend 2 hours outdoors on this day. The sessions will be led by a qualified Forest School Leader and supported by a minimum of 2 other adults. The children will undertake activities such as shelter building, bug hunting, den making, knot tying and creative tasks. Forest School activities also involve the lighting of fires and the use of tools such as drills, knives and saws. All of the activities have been checked for safety and risk assessments have been carried out.

Some of the activities will include food and children may get the opportunity to eat the following food items, please indicate in the permission form below if you are in agreement with this and let us know of any dietary requirements.

- Marshmallows
- S'mores
- Damper bread
- Toast
- Honey
- Jam
- Pastry
- Cinnamon/sugared apple slices
- Hot chocolate
- Elderflower cordial drink

Forest School will take place on the following dates:

- Monday 1 June
- Monday 8 June
- Monday 15 June
- Monday 22 June
- Friday 3 July

On Forest School days Pupils in Year 1 should come to school wearing their clothes for forest school and bring school uniform to change into after. Year 5 should come to school wearing their school uniform and bring forest school clothes to change into at lunchtime. Please remember to include a carrier bag for them to take their dirty clothes home in.

Summer clothing - it is important that long sleeved tops are also worn in the summer to protect from sun burn, nettles, thorns and insect bites.

- Sun hat
- Sun cream to be applied before leaving home
- Long sleeved t-shirt
- Light long trousers
- Wellies or enclosed shoes or boots (no sandals)



Winter clothing - the general rule is lots of layers to keep the heat in and can be removed if necessary.

- Warm hat and gloves (not mittens)
- Long sleeved t-shirt
- Jumper or fleece
- Waterproof coat
- Waterproof trousers
- Wellies and warm socks or walking boots
- Thermal underwear

Year 1: Please also send in uniform and school shoes in a bag to change into after their session has ended.

Year 5: Please wear school uniform to school in the morning and bring forest school clothes in a bag and suitable footwear to change into for the afternoon session.

Clothing will get muddy so old home clothes are the best with suitable footwear (trainers or wellies). If a child does not have suitable clothing for the weather and activities and no alternative can be provided, your child will not be able to join in the session.

Please complete the form below by Friday 15 May 2026.

If you have any questions, please do not hesitate to contact the school office. If you are interested in helping out with any of the sessions, we would warmly welcome you to join us, so please contact the school office.

Yours sincerely,

Mr Croghan
Headteacher

Child's Name: _____ Date: _____

I give permission for my child to have the food items listed above during the forest school session.

Yes No

Please enter details of any dietary requirements

Parent/Carer Name: _____ Parent/Carer Signature: _____

