



St Catherine's Catholic Primary School

Highdown Drive, Littlehampton, West Sussex BN17 6HL

Tel: 01903 716039 Fax: 01903 722521

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

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

14 July 2022

Dear Parents / Carers,

We have worked hard this year to develop our Outdoor Learning Area for the children at St Catherine's. We now have a Sensory Prayer Garden with an array of flower coming into bloom, our Kitchen Garden that Gardening Club have grown and nurtured a variety of produce, and a Forest School area that we are now looking forward to sharing with the children in the Autumn Term.

Forest School is an ethos which encourages the development of children's emotional and physical development through outdoor play, activities and exploration in an outdoor environment. The philosophy of Forest School is to encourage and inspire individuals of any age through positive experiences and participation in engaging and motivating achievable tasks and activities fostering:

- Independence
- Confidence
- Communication Skills
- Self-esteem.



Originally a concept developed in Denmark, children attending Forest Schools were found to have developed strong social skills, the ability to work in groups effectively and generally had high esteem and confidence in their own capabilities. These attributes proved to be an effective foundation that raised academic achievements and is therefore an excellent way to support the National Curriculum and consolidate learning in the classroom. If you want to know more about Forest School, please follow this link for a 5 minute video on the Forest School Association website: <https://forestschoollassociation.org/what-is-forest-school/>

Forest School at St Catherine's will take place on Wednesday mornings and initially for the children in Years 1, Year 3 and Year 5 (see timetable of dates attached). The sessions will take place outdoors whatever the weather, and the expectation is the children will spend 2 hours outdoors on this day. The sessions will be lead by Mrs Supriyadi, 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.

Worthing Deanery Schools



Journeying Together in Christ





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We are excited to be able to offer Forest School sessions and we are confident that the sessions will also support children's wellbeing, as well as offering a peaceful place in which the children can be mindful and at one with nature.

When it is your child's Forest School day, please send them into school dressed as outlined below. Please also send in their uniform and school shoes in a bag for them to change into after their session has ended.

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.

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



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)

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

Yours sincerely

Mrs Supriyadi
Class Teacher and Forest School Leader

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