



Rattlesden Cof E Primary Academy
Rattlesden, Bury St Edmunds, Suffolk, IP30 OSE
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Headteacher: Mrs Helen Ballam

5th May 2021

Dear Parents / Carers,

We are very excited to be able to offer Forest School style sessions to Year 5 children at Rattlesden Primary Academy. We have beautiful grounds which provide us with opportunities to explore, have fun and learn.

Forest School is an inspirational concept providing learning opportunities, through practical activities in the outdoor environment. Children enjoy the freedom to explore and experience the natural world, in all seasons and in all weathers. Forest School embraces an approach of nurturing, supporting and developing the self-esteem of the participants. It is an ideal environment in which to develop innovation, problem solving, risk-taking, creativity and teamwork.

I am currently undertaking the Level 3 Forest School Leadership qualification and have recently completed First Aid training. I will lead these sessions supported by Miss Lovelock and would welcome any parent who would like to volunteer and provide an extra pair of hands. Please do get in touch if this is something you could offer.

The safety and the welfare of the pupils participating in Forest School style sessions is paramount and therefore all tasks are age appropriate and risk assessments have been carried out for all activities prior to taking place.

To allow children to participate fully, the correct clothing is essential for Forest School.

All participants will need to bring:

- Long sleeved t-shirt
- Trousers or leggings, to reduce the risk of bites, sting & scratches.
- Waterproof trousers & jackets if wet
- Wellies or old trainers.
- During the summer, a sunhat is required and sun cream should be applied at home.

These need to be old clothes, as we do not intend to stay clean!

Sessions will be on Monday afternoon from 12.45 to 14.30 starting on Monday 10th May.

Please do get in touch if you have any questions.

Thank you.

Jenny Bishop