

Little Woodies – Information Sheet



Thank you for your interest in Little Woodies. These woodland sessions are fun, active and adventurous and designed for children aged 2-6 years (Little Woodies). My name is Charlotte Atkinson and I am a Qualified Level 3 Forest School Practitioner (with outdoor first aid qualification) and a Forest School Association Endorsed trainer of Forest School leaders. I have worked with children for over 20 years, am an experienced primary teacher and was headteacher at Hudson Primary School in Sefton for 6 years before becoming a Forest School Leader.

What is Forest School?

Forest School is a unique approach that enables children to develop confidence and self esteem by using a woodland (or outdoor) environment as both the setting and stimulus for play and learning.

What will happen at Family Forest School?

The session will be semi-structured with opportunities for children to develop their understanding of how to keep safe, their knowledge of the woodland environment and their skills in making things from natural resources. We will play games together and there will be time for free play and exploration. Each week there will be a focused activity for children to do if they want to. These will include natural arts and crafts, campfires and outdoor cooking.

What will your role be and what will my role be?

My role in the session will be to plan, provide resources, introduce activities and ensure the health and safety of the group. Your role as parent/ carer is to:

- encourage your child to join in, try new things and have a go by themselves (maybe by modelling or demonstrating to start with);
- observe your child and intervene if required (either for safety reasons or to move their learning on);
- join in with games (children love to see their parents having fun!);
- be positive and enthusiastic (even if it's raining!)

Where will the sessions take place?

The session will take place at a small, private woodland in the village of Wilby. The address is Sundial Cottage, London City Road, Wilby, IP21 5LT. There is limited parking at the venue so if possible, please park at Wilby Coronation Hall on London City Road (IP21 5LE) and then walk 400m up London City Road (away from the village). We are on the left, just past 'The Shingles'.

When will the sessions take place?

There will be 3 blocks of 8 weeks each term. The idea is that children would attend for all eight sessions as this is the length of time recommended for a programme of Forest School in order for the children to get the most out of sessions by developing friendships and a relationship with the natural environment. There will be a Taster Session at the start of each term but new parents are welcome to bring their child along for a taster session at any time. The time of the sessions is from 10-11.30am.

What do we need to wear?

Please ensure that both you and your child are appropriately clothed for the sessions which will take place entirely outdoors (regardless of the weather!) Suggested clothing for both you and your child:

- Long sleeved t-shirt and long trousers (even in the summer – this is to protect your child from cuts and stings)
- Fleece or jumper
- vest or base layer (in winter)
- Waterproof coat (plus waterproof trousers if possible)
- Wellingtons, boots or strong shoes/ trainers with warm socks (2 pairs in winter)
- Hat, gloves and scarf (if it's cold)
- Sun hat in the summer.

What do we need to bring?

Any medication that you or your child need. Sunscreen/ insect repellent if needed in the summer. A drink and snack will be provided.

What about photos?

You are welcome to take photos of your child. Please ask other parents/ carers for permission before taking photos of them/ their child during sessions.

What if we can't attend the session?

Please text or ring me on 07879 653488 to let me know so that we aren't waiting for you. Unfortunately we are unable to offer a refund for missed sessions.

How do I book a place and make payment?

The cost is £50 per child for each 8 week term (£30 for each additional child. Babes in arms go free). If you haven't been before, come along for a taster session and if you like it, sign up for the term (individual sessions cost £8 per child).

In order to secure your place, please complete the booking form and return to Charlotte via email: head@charlottesforestschoo.co.uk.

If you decide to sign up for the term, payment should be made via bank transfer - account number: 68399626 and sort code: 60 19 07. Please put your name as the reference for the payment and email to let me know that you've made payment.