



Dear Parents/Carers,

We are very pleased to inform you that your child's class will be taking part in an afternoon 'Forest School' session: **Hazel Class on Monday 20th March and Hornbeam Class on Monday 27th March.**

My name is Heidi Daniel, and I am a Forest School Leader. I am the founder of Pachamama's Forest School as well as a part time KS1 teacher at a local school. I started my business two years ago as I wanted to help families access the joy of nature and the great outdoors with likeminded people after months in lockdown which resulted in the introduction on my Fresh Air Friday parent and child group. Therefore, I combined my love of working with children with my love of the nature and created my own Forest School. I am now beginning to work in schools delivering Forest School sessions with classes and small groups.

My team and I are very excited to be coming to Preston CofE Primary School to deliver one off Forest School sessions with your children.

Forest School started in Scandinavia and is a way of learning in a woodland environment. It provides the space where people can develop socially, emotionally and physically through play, following individual and preferred learning styles.

At our Forest School sessions, we aim to nurture children so that they can reach their full potential. We believe that it is vitally important to look at the whole child when considering their education and we think the holistic experience they receive as a member of our Forest School will equip them with the skills to become confident in their own abilities: in the classroom, outdoors and beyond. Forest School gives children the time and space necessary to develop the tools and skills to become resilient, independent and inquisitive learners. Our core aim is to engage children in the natural environment and to have fun.

As Forest School is an all year round and all-weather activity, it is vitally important that children and adults wear the correct clothing. On the day, please could the children bring to school:

- **a waterproof jacket**
- **waterproof trousers or clothes that you do not mind getting wet/dirty**
- **wellington boots (old trainers if you do not have wellies)**
- **hat and gloves (essential on cold days)**

As part of the session the children will have hot chocolate and a biscuit as well as be involved in cooking on the fire during our sessions. We will liaise with your child's teacher about any allergies your child might have before we commence our sessions.

I am very much looking forward to starting Forest School. If you have any questions, please do not hesitate to contact the school.

Kind regards

Heidi

Facebook / Instagram – Pachamama's Forest School