

FOREST SCHOOL - CLASS 1

Thursday, 09/06/2022
12:00To Parents of: To School Members:  EMAIL

Dear Parents and Carers

We have arranged for 4 Forest School days for Class 1 on the following dates:

Friday 17th June
Friday 24th June
Tuesday 28th June
Friday 8th July

Forest School is based at Sletchcott Woods, Kings Nympton.

What is Forest School?

Forest School is a fun, exciting way to learn in an outdoor setting such as woodland. It is proven to improve children's confidence, self-esteem and communication skills, as well as giving them an opportunity to have lots of fun! The children also develop skills in team work, using tools safely and learn about looking after our woodlands.

What will my child need?

Forest School will happen in all weathers (unless it is VERY windy or icy!), so please make sure your child has suitable clothes for the weather. They will need warm clothes including a jumper, strong shoes such as walking boots or wellies, and a waterproof coat and trousers if possible. School has a collection of wellies and a few sets of small waterproofs available. Please speak to me in advance if you wish to borrow items. Lots of layers are better than a single thicker layer in terms of protecting from the cold. Even in hot weather the woods can feel cool. Children WILL get dirty so please only send your child to Forest school bearing this in mind. Your child MUST have long sleeves and long trousers in the woods whatever the weather. Your child will need a packed lunch along with plenty to drink. If your child is eligible for FSM and you would like the school to provide a packed lunch, please indicate this on the consent form on the Gateway.

The activities will be led by Mandy Blacker along with the class Teacher and helpers. There is a possibility that the children will pick up a tick during their time in the woods so please thoroughly check them over when they get home – see information at the foot of this letter.

Directions - take the road out of the village on the left of The Grove Inn. Keep on this road for about 1 ½ miles down a steep hill. Just as you go uphill again there is a small junction to East Hele - Children should be dropped off there. Please be aware that there is very little parking so lift sharing is helpful.

Children should be dropped off at **9.15am and picked up at 3pm**. Staff will be there to meet the children. Please be prompt. Please come and talk to me if there is a problem or you need further information.

Please sign into School Gateway to give permission.

Best wishes
Mandy Blacker

Removal of ticks

If you find a tick attached to your skin, there's no need to panic—the key is to remove the tick as soon as possible. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers work very well.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

Source: www.cdc.gov

Mrs M Blacker

HLTA and Forest School LEader
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Kings Nympton Primary School and Winkleigh Primary School

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