



What to wear to Forest School

Dear Parents/Carers,

Thorndon School are incredibly lucky to be able to provide the children with a full day at Forest School, and the children enjoy a range of activities across the day in the woods. To be able to get the most out of their time the children must be appropriately dressed for a full day outside, whatever the weather.

Before sending your child in to school for Forest School, please do check the weather forecast and make sure that your child has the right clothes for the full day. Children who are not appropriately dressed may need to be collected early if they are not dressed appropriately.

For example, on a cold day in winter, children should have:

- trousers: a base layer (eg thermals, leggings), a warm layer (eg warm joggers) and a waterproof layer
- tops: a base layer (eg thermals, a long sleeved top), a t-shirt, a jumper or two and a waterproof layer (a coat)
- gloves: ideally waterproof
- shoes: thin socks, thick socks or a second pair of thin socks, and warm, waterproof shoes
- hat: warm and ideally waterproof

As a general rule, multiple thin layers are better than one thick layer. Also, it is much easier to remove layers than it is to warm up, so do err on the side of too many clothes rather than not enough.

On hotter days in the summer, children should still have arms and legs fully covered in lightweight fabrics. This is to prevent stings, scratches and bites during their play. Their shoes should also fully enclose the foot (ie no sandals).

Many fashion coats are not waterproof enough for a full day in the rain, so do check the labelling as a showerproof coat will not provide enough protection.

Please do bear in mind that even if rain isn't forecast, many of the children enjoy water play and mud play during their time in the woods, and so should be dressed accordingly.

Many thanks,

Gemma Snape

Willow Fen Forest School Leader