

Information for parents and carers

We Are The Wild People Community Interest Company (Wild People CIC) runs Forest School sessions at Londonthorpe Woods near Grantham in Lincolnshire. These sessions are for children over the age of 8 years.

What is Forest School?

Forest School should be thought of as a way of developing a child's whole needs. It shouldn't really be thought of as 'just activities', or as easy childminding. A child can develop their self-esteem, confidence, social skills and attitude to learning in the same way that a child already secure in their confidence and ability can perhaps develop their ability to develop others through team-working, leading and moving their comfort-zone in different directions.

The sessions are designed to progressively develop confidence, ability and skills over time. The longer a child takes part, the greater the opportunity for exploring new ideas, new skills and developing more relationships with people, as well as nature.

Leaders

The Forest School sessions will be facilitated by at least two members of staff, including volunteers. At the moment there are two session leaders:



Gareth Whitley



Leo Harbord

Bookings

The initial programme lasts for six sessions. They take place on a Saturday morning from 12pm until 2pm, each Saturday for six consecutive weeks (unless otherwise stated).

All bookings are made through our website at www.wildpeople.org. Full terms and conditions, including consent forms can be found when making a booking.

What do parents and carers need to do?

Parents and carers are in a special position to help children learn and develop. One of the best things a parent or carer can do with Forest School (after booking the sessions!) is to ask their child or children to become the teacher: try and learn some new skills from your child. Even if you have the most expert knowledge in woodland management, forestry, bushcraft or survival – investing some time in learning from your child will encourage a whole new, positive relationship with each other and the world that surrounds you both.

On top of this, the next best thing a parent or carer can do is make sure your child is prepared to attend their sessions: bring the right clothing and promote the right attitude of being open to new experiences and people. You'll find a suggested clothing list on the following page.

Please also be aware and adhere to the measures in place to limit the spread of covid-19.

What activities are being carried-out during the sessions?

There may be various activities taking place during a typical Forest School session. These range from cooking over an open campfire, using tools such as saws, axes and knives to carrying-out environment surveys, installing bat boxes or just running around having fun and telling stories along with low-key crafting. Other children will enjoy just sitting, being in nature.

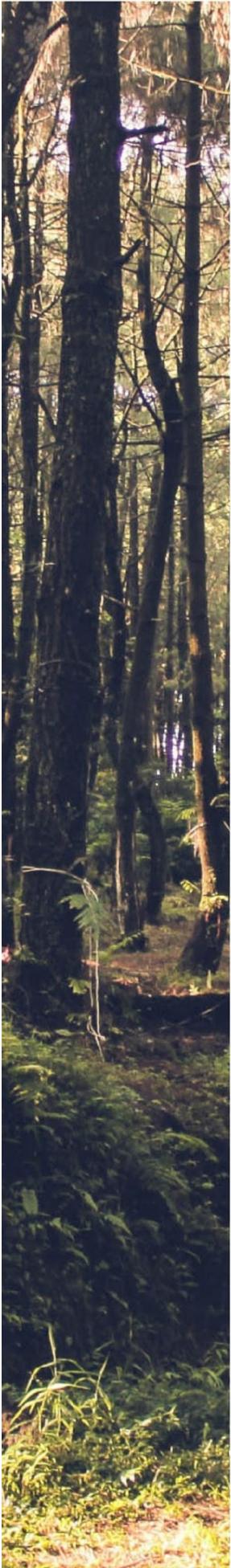
We have carried-out all the appropriate risk assessments, environmental impact studies to ensure that what we do is managed in a safe way and in a way that doesn't damage the ecology or environment. One of the goals of Forest School is to develop a positive relationship between person and planet – we aim to protect nature.

What do I do if I have a concern about a session, its activities or the adults running it?

Our session leaders always love talking to people about nature, the woodland environment and Forest School, so you shouldn't be put-off from talking with them. However, please make sure you are not distracting them from their responsibility to make sure the session's participants are being looked-after.

All our sessions are designed to be run in a way that protects the local environment and its inhabitants, including people. None of our sessions or activities should be harmful or cause alarm or distress to animals or people.

If you have a concern regarding anything that you have seen, please contact the Managing Director via email, gareth@wildpeople.org.



Suggested clothing list

Hot weather

- Sun hat
- Sun block
- T-shirt or shirt with roll-able arms
- Shorts or light trousers
- Light walking boots or shoes and appropriate socks

Cold weather

- Gloves
- Warm hat
- Scarf
- Light walking boots or shoes and appropriate warm socks

Wet weather

- Waterproof walking boots or wellies
- Waterproof trousers
- Waterproof jacket with hood
- Layered clothing:
 - o T-shirt
 - o Long sleeved top/shirt
 - o Fleece

A waterproof bag that is big enough to carry spare clothing and to stow wet/dirty clothing would also be useful. Dry-bag inserts would also be suitable for use in a non-waterproof bag, as an alternative.



Covid 19 measures

Parents and guardians must adhere to the following measures put in place. We ask that this is agreed upon booking and failure to do so may impact on the continuation of your booking.

- The child must not be showing any Covid-19 symptoms; does not have a high temperature and can be reasonably said to be Covid-19 symptom-free before attending each session.
- The child must not come from a household that is either shielding or where a member of the household has symptoms or has been diagnosed with Covid-19.
- Wild People CIC must be informed immediately if the child has come into contact with, has symptoms or is diagnosed with Covid-19 up to 2 weeks after the final session which the child attends.
- If the child is unable to attend one or more sessions because of a Covid-19 diagnosis, symptoms, shielding, lock-down or other related issue a refund may be granted under the discretion of Wild People CIC.
- Wild People CIC may be required to provide governmental, local authority, NHS trust or similar authorities with specific information regarding attendance as required by law.

Wild People CIC reserve the right to decline to accept any child/children from attending a session if the session leader(s) consider the child too high a medical risk.

In order to comply with government guidelines sessions the following measures will be adhered to. These guidelines are found online and are used to complete the associated risk assessments.

- Sessions will be held in the agreed outdoor setting only.
- Sessions must be held with the same participants for 6 weeks with the maximum of 10 children registered to the programme.
- 2 m social distancing is to be followed at all times.
 - If 2m distances cannot be followed face coverings must be worn.
- Each participant will have access to their own individual equipment for the duration of the programme.
 - Each item will be cleaned before and after assigning it to the individual
- Ensure all participants and team members are following the correct hygiene practises
 - Using the “catch it, bin it, kill it” approach
 - Using elbows to cover your face if necessary
- Ensure all participants follow correct hand washing procedures before, during and after sessions.
 - Hand sanitiser and multiple waste collection points will be provided
- Temporary toilet facilities are deep cleaned using correct PPE before and after use.

All session leaders and staff will follow, monitor and are responsible for ensuring that the following measures during each session are implemented.

Full risk-assessments are available upon request. Government guidelines are found online;

<https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak>