

STEDHAM PRIMARY SCHOOL

School Lane, Stedham
Midhurst, West Sussex, GU29 0NY

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www.stedham.w-sussex.sch.uk



Headteacher
Mr Malcolm Meaby

27th November 2020

Dear Parents and Carers

Forest School Sessions

We are **so** excited to be able to announce that we are able to provide Forest School sessions for every child in the school for this year and have a new Forest School Leader (Lucy Wall-Palmer). We have 3 sessions planned (1 for each class) so that all the children get to meet her and get a taste of forest school. As I hope you are aware, this programme involves taking children's learning out into the woods; we are lucky to be able to use the wonderful wooded area just outside our school grounds. The sessions will be held on Tuesdays with each class being split into 2 groups, 1 group in the morning (10.00-12.00) and 1 group in the afternoon (1.00-3.00). The sessions are as follows:-

Tuesday 1st December – Rabbits

Tuesday 8th December – Hedgehogs

Tuesday 15th December - Foxes

General Advice

Children should come to school in their forest school clothes and bring their school uniform in a bag to change into later if they get wet/muddy. Forest School clothes must be warm and suitable, named clothing and include:

- Waterproof jacket and waterproof over trousers
- Wellington boots
- **Long** trousers, **long** sleeved top and spare socks
- Hat and gloves (if cold)

Please use **old** clothes and let your child know that at Forest School they **CAN, AND WILL, GET DIRTY** and you don't mind! The thickness of clothing needed will depend on the season and when it is cold (as it is now), it is better to have several thin layers of clothing rather than one thick layer. If your child has a pair of thick gardening gloves, then bring them too. The sessions will always take place, regardless of weather, unless it is stormy or very windy. If your child does not have suitable clothing, they **will not be able to take part**. The sessions will be led by Lucy Wall-Palmer, the class TA and a parent helper.

We would like to thank Megan Davis who has kindly agreed to support all three of these December forest school sessions. Forest school sessions will be delivered in blocks of 6 weeks per class.



A University of Chichester
ITT Partner School

Rabbits class will be starting with their 6 week block of forest school sessions after the Christmas holidays. We then will require parent support for these sessions and would welcome any help that can be offered. We will ensure that we follow our Covid 19 risk assessment to minimise any risk to the children and to any volunteers. Please contact the office if you are happy to volunteer your help.

Please complete the attached permission form and return it to the Office by **Monday 30th November 2020, especially important for Rabbits class whose session is on Tuesday 1st December.**

Yours sincerely

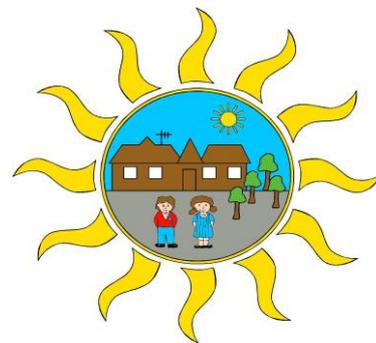
A handwritten signature in black ink, appearing to read 'M Meaby', with a stylized, cursive script.

Malcolm Meaby
Headteacher

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Forest School

I give permission for my child to attend Forest School on Stedham Common, adjacent to Stedham Primary School.

We are also asking permission for use of certain remedies as and when necessary when we are in the woods. Please state whether you grant permission or not in the table below. We will let you know if any of the remedies have been used during the session.

Remedy	Permission given (delete as applicable)
Dock on nettle stings (natural plant remedy found in the woods)	Yes / No
Tick Removal – qualified first aiders will use a tick removal tool to remove any obvious, visible ticks. Please see further information regarding ticks and associated risks below.	Yes / No

If relevant, please apply sun cream and/or insect repellent to your child before school. Children need to bring a change of clothes to school for each session. This should include **waterproof trousers and jacket, a long sleeved top, long trousers, hat and gloves and wellies**. If your son/daughter has a pair of thick gardening gloves then bring them too and please name everything.

Please sign and return this form by **30th November 2020**

Childs name:..... Year Group:

Signature:.....Date.....

Name of parent/carer.....

Mobile phone number.....



Ticks

What are ticks?

Ticks are tiny spider like creatures found in grassy or woodland areas. They attach themselves to passing animals and people. They do this by finding a suitable spot where they bite through the skin and feed on blood. They will feed for 3-5 days and then drop off. There is a higher incidence of ticks during warmer weather.

What is Lyme disease?

Lyme disease is an illness caused by a bacteria, which lives in the gut of ticks. Most ticks do not carry the bacteria, but infection could be passed on if you are bitten by one.

How to prevent ticks

When at Forest School, please ensure that your child has most of their skin covered. Trouser bottoms can be tucked into socks and boots should be worn, even in summer. A long sleeved top should always be worn to cover the arms. Insect repellents can also be used.

Children should check for ticks when they return from Forest School. Particularly vulnerable areas are where there are folds of skin, such as the armpit and also the scalp.

What to do if your child has been bitten by a tick

Remove the tick as soon as possible to reduce any chance of infection. Grasp the tick as close to the skin as possible using fine tweezers and pull firmly and steadily out without jerking or twisting. Do not crush or squeeze the tick's body. There are simple tick removing tools available from pharmacies and even pet shops or vets.

If any part of the tick remains in the skin, remove with fine tweezers. Apply disinfectant to the area. If you are worried seek advice from your doctor.

Signs and symptoms of Lyme disease

The most common symptom is a slowly expanding rash around the bite, usually after 5-14 days. Other typical symptoms include fever, headaches, tiredness and rashes. Most cases can be treated successfully with a course of antibiotics. If left untreated infection can spread.

For further information please visit: <http://www.lymediseaseaction.org.uk/about-ticks/>