



Folly Road, Great Waldingfield, Sudbury, SUFFOLK, CO10 0RR  
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18th February 2022

Dear Parents,

During Children's Mental Health Awareness week some of the younger children took part in Forest School with Amy Acorn at the Old School Wood by the church. These 'tasters' were so successful that we would like more of the children to experience Forest School. Year 5 will have six sessions with Amy during the next half-term on the following dates.

Tuesday 1<sup>st</sup> March 2022  
Tuesday 8<sup>th</sup> March 2022  
Tuesday 15<sup>th</sup> March 2022  
Tuesday 22<sup>nd</sup> March 2022  
Tuesday 29<sup>th</sup> March 2022  
Tuesday 5<sup>th</sup> April 2022

Forest School encourages children to explore and take risks in a supportive environment. It develops confidence and self-esteem through hands-on experiences in a natural setting. Children work together on projects to learn team-building skills and value the input of others.

On a Forest School day, the children need to arrive in clothes suitable for being outside. Long trousers/leggings/joggers and a long-sleeved top. The best thing is layers of dark coloured clothing as they may well get muddy. The children will also need a waterproof coat (waterproof over-trousers are also a good idea depending on the weather). Wellington boots or sturdy walking boots will also be needed and a change of shoes for when they are back in school.

Yours sincerely,

A handwritten signature in black ink that reads "Tina J Hosford".

Mrs T J Hosford  
Headteacher

