

How should I dress my child for Forest School?

When your child is at Forest School he/she will be outside in all weathers (except very high winds or thunder storms). Most children enjoy the experience of splashing around in puddles and sliding in mud without getting into trouble. N.J.K. has some sets of waterproof dungarees, which your child will wear during every session. We also have waterproof jackets, for your child to wear as an outer layer, in wet or cold weather, so we will ensure that your child will not get wet and cold. However if you already have waterproof clothing for your child to wear please send them in with your child on the day they do forest school.

This year the children may come to school already dressed in the clothes they need for Forest School to avoid the time wasted by doing this at school. The only thing they will need to bring in a separate bag will be wellingtons which are of course unsuitable to wear whilst in school.

Autumn, Winter and Spring months:

- Wellingtons or walking boots.
- Thick socks (or two pairs of socks) to keep feet warm.
- Warm trousers or track suit bottoms for boys and girls.
- Tights or leggings underneath trousers are a good idea on really cold winter days.
- Vest }
- Long sleeved top or fleece. } depending on weather
- Winter coat }
- Hat and gloves

Summer months:

- Long sleeved top to protect arms from scratches and sunburn.
- Long cotton trousers to protect legs from scratches and sunburn.
- Sunhat / cap.
- Wellingtons or trainers. **Sandals are not suitable.**

*** Children need to be able to move freely, so don't bungle them up too much. Thin layers are easier to remove and get the temperature right. Remember they will be wearing waterproof dungarees on top of their trousers as this will protect your child from mud, stings and scratches.**