



## Family Forest School Sessions

### **Covid 19 current guidance - What is different?**

It will be the accompanying adult's responsibility to support their child to maintain social distancing rules. (see Government Guidelines on social distancing).

We will keep numbers to a minimum by only making a specific number of tickets available.

Children and adults will be required to wash their hands at key points during the session. These include entering, exiting and before and after eating. Warm water, soap and hand gel are available to use.

Some activities may include the use of tools. Children five and under may need the support of their accompanying adult. Tools will be cleaned between sessions. Where the use of a protective glove is required, antibacterial hand gel should be used before and after use.

Some activities may have been withdrawn or amended to adhere to Government Guidelines. We are unable to offer hammock play and make your own pizza during this time. Campfire food will be prepared before and brought into Forest School.

If you have any queries regarding the above guidelines please contact Siobhan at [treetopsforestschool@gmail.com](mailto:treetopsforestschool@gmail.com) or 07969 347028.

### **Children with Additional Needs Sessions**

We are delighted that these sessions are due to start again October 2020 which provide Forest School opportunities for children with additional needs who may struggle to access mainstream sessions. These opportunities also extend to their

siblings and parents/carers. In essence this is a great opportunity to all play out together. We will be able to have up to 6 families 11.15-12.15pm.

The tickets are therefore subsidised at a cost of £15 for a family ticket for up to 4 people.

Forest School has been proven to have huge benefits for children's confidence, independence, relationships, self esteem... to mention a few. This is a Forest School session designed specifically for children who struggle in mainstream education due to an additional need. This may be; ASD, ADHD, possibly a need that has not yet been diagnosed but may have difficulty controlling their emotions. Children with physical additional needs are welcome but will need to chat about access before you book on. Children have more positive outcomes from Forest School if they come regularly and with the same group of children. We will have 2 experienced staff to support children and are more than happy to talk to parents/carers about their child's needs prior to the sessions.

**Directions** - Please turn into the car park off **Bishopdyke road**. There is only one car park pull in off this road but can be tricky to find. Don't go down Scalm lane to the main car park. Continue on Bishopdyke road with Scalm Lane on your right on the B1222 towards Cawood. you will pass Greenacre Farm on your left and we are the next right turn over a slight hill in the road (railway bridge) If you are coming from Cawood we are on the left. If you get to the Scalm lane cross roads you have missed us. The nearest postal code is **LS25 6HJ This is however a PRIVATE residence and not our site.**

**Meeting point** - The gate will be open 20 mins before the start of the session. Follow the track to the end and turn left. The track is unmade and some parts are bumpy and depending on the weather could be muddy. At the end of the track there is a car

park that is for Forest School use only, please park here. The site is right next to the car park and is relatively flat, an adult will be there to greet you. We are required to lock the gate so if you are late please make the short walk down to the wood through the pedestrian side of the gate.

The address and postcode are below and we will have our mobiles on in case anyone is late or lost! **Take a note of my number if you have any problems..**  
**07904214006/07969347028**

**Kit** - This time of year the weather can still be unpredictable and can be wet. Please don't underestimate the amount of clothes that you will need on/with you in a bag. We are outside whatever the weather so it is important that you are dressed appropriately. Long trousers are a MUST. Layered clothing, waterproof trousers and jacket, long socks. For more guidance on summer and winter kit list please refer to 'How we stay safe' on our website. You may need insect repellent or suncream. Please put midge spray on this time of year.

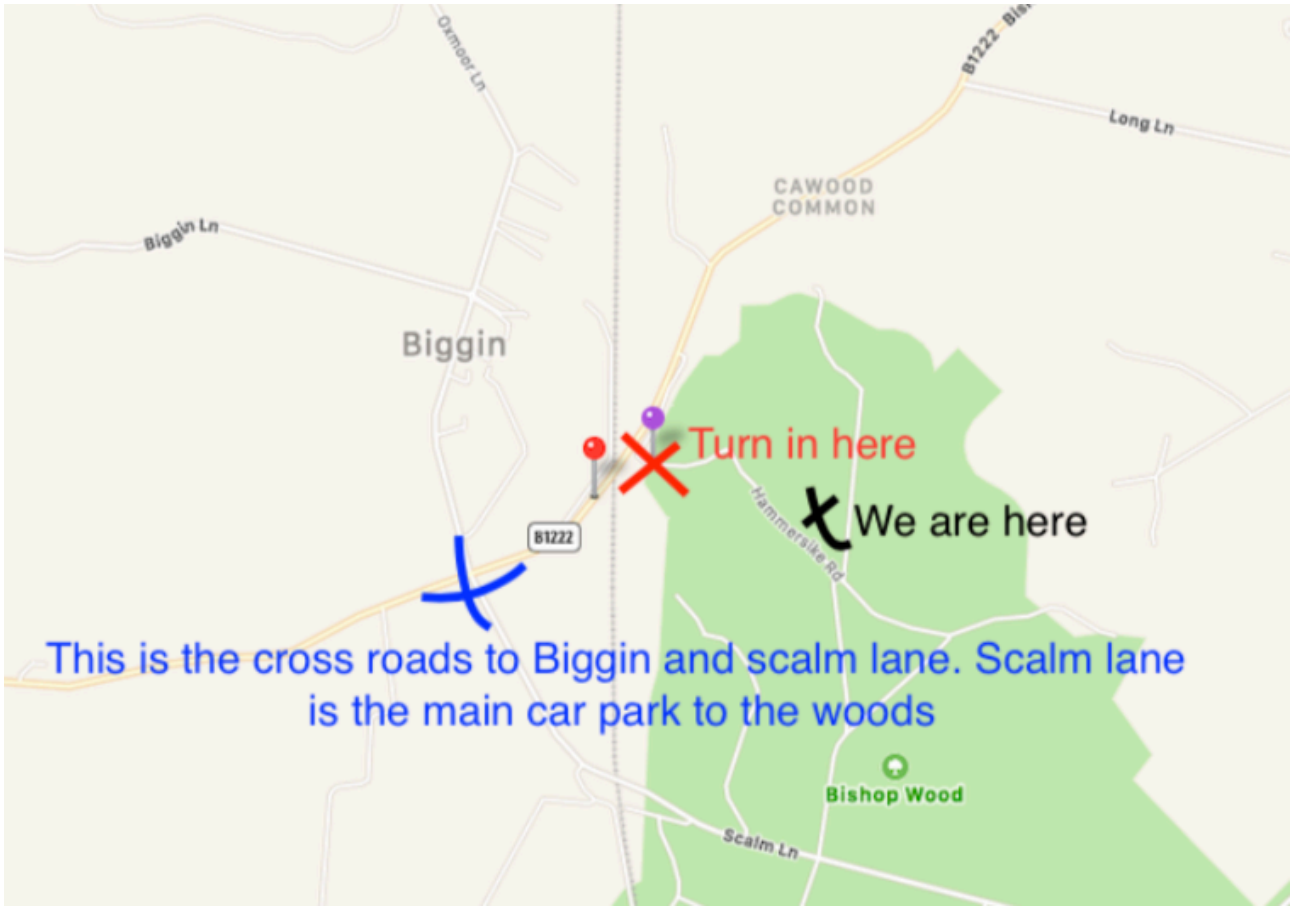
**Tick check** - There are a large number of deer living in these woods which carry ticks. Please check your child the evening they come home for evidence that they may have a tick and seek medical attention or let us know if you need assistance.. Adhering to the kit list of long trousers and long socks will reduce the risk of ticks.**Questions** please feel free to have good look round our **website** to see what we are all about. There is also a **video** for children to watch where I introduce myself this helps children to know what to expect. If you have any questions at all please give me a ring or a text on 07904214006 or email: [sally@grassrootsmuddyboots.com](mailto:sally@grassrootsmuddyboots.com).

Please do not hesitate to contact me if you have any queries or questions we are happy to help.



#### **Safeguarding information**

All staff are DBS checked and have experience working in the outdoors and activities are fully risk assessed. Staff are trained in paediatric outdoor first aid. We are fully insured for all activities. The site has clear boundaries and is secure. **Please read our policies and procedures found on our website 'How we stay safe'** <https://grassrootsmuddyboots.com/how-we-stay-safe>



# Grass Roots Muddy Boots

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