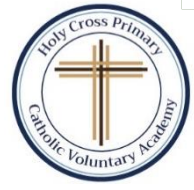




## Forest Schools Newsletter Lent 2024



Welcome to our Forest Schools Newsletter.

I hope you all had a good Christmas and a happy new year.

The weather can be very changeable at this time of year so being prepared is really important. Unless we have extreme weather we always aim to be outside. Children should be wearing their PE kit on the days we have our sessions and need to bring a change of shoes for when they go back into the school. As you can appreciate, we don't want mud down the corridors! This can be wellies or a pair of shoes that can get dirty/wet. It would also be a good idea to send an extra pair of socks and joggers just in case they get wet.

Black t-shirts can be worn on Forest Schools days. Hats and gloves are also a must have to help keep them warm.

### Gardening

Now is time to make plans for growing your own plants for the summer. Now is a good time to buy seed potatoes to prepare for sowing in February and March for an early crop. There are easy to follow guides available, this one is really simple and has lots of ideas for other things you can grow:

<https://www.thompson-morgan.com/growing-potatoes-with-kids>

Look out for the first snowdrops emerging, which will be closely followed by crocus and daffodils. Now is also a good time to buy summer flowering bulbs to create a pot full of colour and scent.



### Feed the Birds

Although the temperatures are starting to rise, there is still a chance of snow and ice!

Lots of birds will be looking to build nests and lay eggs.

Food can be hard to find, so why not make a bird feeder. There's a link below.

If you have a dog that you groom, think about putting the hair outside for the birds to use in their nest building.

So make some bird feeders and grab your binoculars and see how many different types of birds you get in your garden



### Useful links

There are lots of useful websites that you can explore with your child to help you identify the birds you are most likely to see in your garden.

<https://jointhepod.org/about/friends/the-bto>

Check out this website to make your own bird feeders:

<https://www.woodlandtrust.org.uk/blog/2019/01/how-to-make-a-bird-feeder/>

### Celebrating our faith

As we move closer to Lent we think about making our Lenten promises.

We remember the time Jesus spent in the desert and the sacrifice He made.

Give up something for the sake of the environment that will benefit God's creation.

Spend less time in the shower, saving energy and water.

Walk or cycle instead of using the car, especially for short journeys.

You could use some sticks to make your own Lenten cross.

Most of all, spend time with your family and be kind to each other.

Think about one promise you could make to help the environment.



### Well-being and positive mental health

The days are getting longer and the weather is getting warmer. Spring is nearly here. Get outside and look for signs of spring in your garden.

Bulbs are starting to push through. Trees and shrubs are budding.

Birds are starting to make nests and will need food and water to help them through any cold snaps we might have.

Spending time outside is good for our mental well-being.

- ✚ Do some weeding
- ✚ Grow some herbs
- ✚ Listen to the bird song
- ✚ Go for a walk with your family
- ✚ Find somewhere new to walk
- ✚ Plant a sunflower
- ✚ Play PooH sticks off a bridge

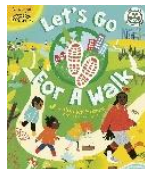


### Recommended reads

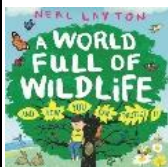
#### Early Years

This book gives you some ideas to look for when you're out for a walk.

As well as things to spot on the walk, it also contains fascinating Ranger Hamza facts.



#### Key Stage 1



An introduction to the concept of biodiversity to younger readers, explaining what it is, why it's so important, and how the actions of humans are hurting it. But it's also FULL of ideas for how you can help!

#### Key Stage 2

Children will lose themselves in jungles, seas, lakes, forests, oceans and frozen worlds. Written to inspire with relentless positivity, this book will help promote deeper learning and individual reading amongst eco-conscious children in KS2.



### Mrs Hudson's Conservation Tip of the Term

It's never too early to start thinking about the long hot summer days. I hope lots of you will be planting fruit and vegetables in your garden this year.

Planting in containers is a good way to grow them as you can move them around the garden if they need some shade or even to get some precious rainwater.

With this in mind, forward planning is essential. Conserving water by using a water butt in the garden is a good way to save using tap water. It's free and better for the plants. Think

about where you could put one and start collecting water ready the summer.

