



## Forest Schools Newsletter Advent 2023



Welcome to our Forest Schools Newsletter.  
I hope you all had a good summer and managed to get outside and explore!

As we start our new term and the seasons change it is really important that children come to school ready for our Forest Schools sessions. 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. 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.

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

### Gardening

As the garden starts to go into hibernation for the winter there are a few jobs that can be done. Rake up leaves and put them into black bin bags with a few holes in to let water out. These will make leaf mould which can be put on your gardens in the spring. Look out for any plants which have produced seed and collect them for next year.

If you cut back any trees we would love to have your off-cuts to use in our Forest Schools sessions. We also take old Christmas trees to play with.



### Looking After Birds

At this time of year it is important to make sure there is a constant source of water for the birds. They lose water through respiration and in their droppings. Most small birds need to drink at least twice a day to replace lost water. Water to bathe in is just as important, especially in the winter to keep their feathers in good condition.

Remember to keep it clean to stop the spread of diseases and free of ice in the winter.

Could you make a bird bath?  
Remember to put food out too. Food sources can become scarce at this time of year.



### Useful links

There are lots of useful websites that you can explore with your child. These look at building a bird bath

<https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/build-a-bird-bath/#:~:text=A%20shallow%2C%20watertight%20bowl%2C%20such,doesn'+%20have%20a%20base>

<https://www.gardenersworld.com/how-to/diy/how-to-make-a-bird-bath/>

### Celebrating our faith

It's never too early to start thinking about Christmas. It is an important time as we prepare to celebrate the birth of Jesus. The use of the wreath and candles during Advent are a longstanding Catholic tradition that was originally adopted by Christians in the Middle Ages as part of their spiritual preparation for Christmas. The wreath and candles are full of symbolism tied to the Christmas season.

Why not make your own?



### Well-being and positive mental health

Being outside and having a good long walk is important for all of us. As the days get shorter we need to make the most of the daylight hours.

Walking helps boost your mood because it increases blood flow and blood circulation to the brain and body.

Walking increases our mental alertness, energy and positive mood.

Go on a nature scavenger hunt.

Take binoculars or a magnifying glass on a walk.

Play "I Spy", describing the nature around you.

Take paper and a crayon to do leaf or bark rubbings. ...

Make it your mission to go for a walk every week. There lots of places you can go which are not very far away. Let me know what your favourite to visit is.



### Recommended reads

#### Early Years

Learn about the changing seasons. The leaves are falling off the tree and Squirrel is convinced someone is stealing them!



#### Key Stage 1



Have you ever wondered what happens when a little acorn grows into a big oak tree?

This book is the perfect introduction to the life cycle of a tree.

#### Key Stage 2

When Fred's plane crashes in the Amazon rainforest he and 3 other children may be alive, but the jungle is a vast, untamed place. With no hope of rescue, the chance of getting home feels impossibly small. Except, it seems, someone has been there before them ...



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

If you are having a tidy in the garden and cutting back any tress think about making a log pile.

Your garden will thank you for it. Create an inviting home and feeding ground for insects, toads, frogs, newts and bees.

All the rotting wood, flaking bark and maze of little gaps between the logs is heaven for a wide range of wildlife.

You won't see much going on at first, as these creatures like to hide in the dark.

If you put it somewhere shady, it's likely

to rot more quickly and moss and fungi may grow.

