



Forest Schools Newsletter Pentecost 2024



Welcome to our Forest Schools Newsletter.
It is sure to be a busy term in the build up to the summer holidays. We are looking forward to warmer

temperatures and bright, sunny summer days. It is important that your child wears appropriate clothing, depending on the weather as we go out for most of our sessions. Please make sure that your child has a change of shoes for their sessions to avoid bringing mud into school.

We look forward to this new term, hoping that sun cream and hats will be necessary.

Gardening

Children are encouraged to look after the school environment and to take an interest in the plants that grow in it. We plant flowers to help our bees and vegetables that we hope to harvest and eat!

Give your child a space in your garden where they can nurture and grow either flowers, fruit or vegetables.

Send me some pictures of your garden for inspiration!

It's not too late to plant some vegetables. Choose ones that you like and ones you would like to try.

Lettuce and radishes are easy to grow and you'll soon be enjoying picking and eating them straight from the garden.



There's nothing quite like eating peas straight from the plant, sweet and delicious, you won't want to cook them!
Easy to grow in containers.

Look after the birds

Many birds will have already made nests and be starting to lay eggs. Take some time to watch for signs of birds darting in and out of hedges and trees. It is important not to disturb them so avoid cutting back anywhere they are nesting.



A young bird that has recently fledged (started to fly) is still dependent on the parent birds for care and feeding.



As the weather gets warmer, it is essential that birds have a source

of clean water which they use to bathe and drink. Find a space for a bird bath in your garden. There are lots of websites with some great ideas for making your own bird bath. It would be a great project for the next half term break. Birds eat a lot of insects, slugs and snails.

Useful links

Here is a link all about baby birds and how you can help them, especially if you find one that has fallen out of its nest.

<https://www.birdsandblooms.com/birding/attracting-birds/bird-nesting/stages-of-baby-birds-life/>

<https://www.rspb.org.uk/helping-nature/what-you-can-do/activities/make-the-perfect-bird-bath>

Celebrating our faith

During this term we will be celebrating Pentecost. It is when we remember the disciples receiving the Holy Spirit. It encourages them to go out into the world and spread the good news to others.

Fly a kite, make a windsock or make your own kits to make a symbol of the Holy Spirit.

As we remember the Holy Spirit appearing as tongues of fire, why not spend some time around a fire pit, if you have one, toast some marshmallows and think of all the things you are grateful for.



Well-being and positive mental health

Go for a nature walk and see how types of trees, flowers and birds you can identify.

Collect natural objects that you find on the ground, remember our no picking rule, and make a collage with them.



Create a mandala on the ground when you go for a walk where other people can enjoy it.

Please send me a photo!

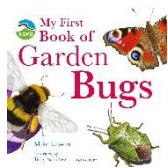
Pack up all your favourite foods, grab a blanket and head to the park, the seaside or even your own garden and enjoy the warmer weather and fresh air.



Take time to enjoy time as a family in the great outdoors.

Recommended reads

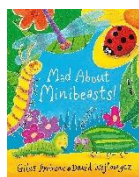
EYFS



Take a journey through the garden. The perfect introduction to the names of some common garden insects, along with interesting facts about them.

Key Stage 1

Come into the garden for lots of rhyming minibeast fun in this colourful read-aloud picture book! Discover all sorts of minibeasts



Key Stage 2



Ideal for any budding wildlife explorers, this book encourages children to get outside and spot minibeasts in the wild!

It is packed with fun activities and useful information about how to identify minibeasts whilst out and about, whether in a garden or adventuring further afield.

Mrs Hudson's Conservation Tip of the Term

Bees are invaluable in our gardens. They help to pollinate fruit and vegetables. It's a busy time of year for them as they flit from flower to flower collecting pollen.

Did you know there are over 20,000 different species of bees that can be found in almost every place in the entire world, besides Antarctica.

Bees mainly eat the nectar and pollen from flowers. Nectar is a liquid that comes from flowers which is very sugary and gives the bees energy. Pollen is a type of powder that comes from flowers and is used to feed bee babies, which are called larvae.

It's important that bees have a source of water so they can keep hydrated. Get a shallow saucer, fill it with some stones and then top it up with water. The bees will thank you for it.



More bees = more flowers = more fruit and vegetables.