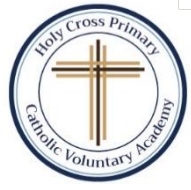




Forest Schools Newsletter Lent 2025



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

January is the beginning of the gardening year - a time for fresh starts, renewed energy, and grand plans for the twelve months ahead. Jobs in the garden this month are mostly about keeping things trim and tidy, and getting ready for the year to come.

Inspiring children to enjoy plants and gardening can give them a healthy hobby for their whole lives.

Capture their interest with brightly-coloured flowers, scented plants, tactile leaves and tasty, quick-growing, edible plants.

Growing plants from seeds is so rewarding.



The RSPB Garden Birdwatch 2025

Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers like you take part, helping to build a picture of how garden birds are faring.

You need to spend an hour watching birds in your garden, between 24th and 26th January and record the birds that land there.

You need to record the highest number of each bird species you see at any one time.

You can see the results from last year's survey.

So get your binoculars ready and take part.



Useful links

The RSPB Garden Birdwatch 2025, sign up and send in your results.

<https://www.rspb.org.uk/whats-happening/big-garden-birdwatch>

Handy guides that give ideas of things you can grow in the garden in each month

<https://www.thompson-morgan.com/what-to-sow-and-grow-in-january>

Ideas to get children into gardening

<https://www.rhs.org.uk/advice/health-and-wellbeing/children-getting-them-interested-in-gardening>

Celebrating our faith

As we move closer to Lent we think of the sacrifice that Jesus made and the challenges he faced.

- † Aim to have 10 minutes of silence each day to listen and talk to God, read the Bible and just be still.
- † Declutter your home and donate unwanted items to charity shops
- † Perform a random act of kindness every day.
- † Give up something that will benefit God's creation
- † Think of others and make food parcels for the local food bank
- † Spend less time on electronic devices and enjoy spending time together as a family



Well-being and positive mental health

Our wellbeing is about how we are 'getting on' as individuals, both physically and mentally. Now more than ever it's important to take time to do some really simple and enjoyable things, breathing and 'being' for a while.

Going for a simple walk is one of the easiest outdoor wellbeing activities. Wrap up for the weather and head out for a short walk around the local area to breathe in the fresh air.

Winter is a great time for this as there are some fascinating sights for children to discover during their walk - frost on the ground, bare trees and spiky twigs, frozen raindrops, squelchy mud, first signs of new shoots poking through the soil, even the sight of their own 'dragon breath' on a cold day!



Recommended reads

Early Years



This book takes a closer look at hoar frost, woodland fungi, clear starry skies and morning mists as the secrets of winter begin to appear in the world around us.

Key Stage 1

Perfect for reading on winter days, this book by a nature photographer and a snow scientist will inspire wonder and curiosity about the marvels of snow. Snowflake-catching instructions are also included for aspiring young snow scientists!



Key Stage 2



A thrilling fictionalised account of the life of Matthew Henson, the first African-American man to travel to the North Pole. Henson would become navigator, craftsman, translator, and right-hand man on a treacherous journey to the North Pole. Defying the odds and the many prejudices that faced him to become a true pioneer.

Mrs Hudson's Conservation Tip of the Term

Start planning a wildflower area in your garden. This could be a small patch or even just a container. Seeds can be planted from March onwards. There are lots of benefits to having wild areas in the garden. They attract lots of different insects which help pollination.

Choose an area and once the weather has improved you can get started.

There are lots of different flowers you can plant.

The RHS has an easy guide on how to sow your seeds.

<https://www.rhs.org.uk/lawns/how-to-sow-a-wildflower-patch>



Allow the flowers to drop seeds after flowering ready for next year.

