**Parents and Carers info: What to wear on your forest school day**

**NO SCHOOL UNIFORM PLEASE:**  Reasons for no uniform

We find uniform, usually a polo shirt and a sweatshirt or cardi is NOT warm enough under a coat if outside all day, and children will be more adequately dressed in their own clothes with more layers. Fluorescent vests are permitted to be worn over coats if required by the school. We understand from past experience that some children only have one set of uniform and if it does get dirty or wet, parents and carers are put in a difficult position to prepare the uniform for the next day at school.

The children will be in the school outdoor Forest School environment all day.

The activities that the children will be doing will mean they WILL get muddy!

Your adult helpers will need to observe the following too!!!!

*We also advise that teachers keep an eye on weather reports and advise families accordingly. Please note that it can feel cooler under trees even in a heat wave.*

**Autumn /winter visits**

No school uniform.

Warm/old clothes, plenty of layers, vests, t-shirts, long sleeves t-shirts, jumpers and/or fleeces, body warmers, hoodies, and finally, on top a warm coat is advised, waterproof if possible although it is more important that it is warm. A school coat is usually fine.

Hats, scarves, gloves essential.

Layers that can removed if warm or added if cold.

**Spring/summer visits**

No school uniform.

The weather can often be as bad if not worse or as cold in these months as in the winter season!

Old clothes, long sleeves (t shirts in very hot weather with optional long sleeves brought with them,) long trousers, (no skirts, shorts please) plus a hoodie/fleece, warmish coat, waterproof essential. If cold or wet, several layers please.

Wellies (thick or double socks may be necessary!) or boots. Trainers are fine in really hot weather.

Hats, gloves, suncream and insect repellent. There are nettles and brambles and midges at this time of year.