



URBAN FOREST SCHOOL with The Garden Classroom



Information for Families



Welcome to Urban Forest School with The Garden Classroom (TGC)!

We hope, through these sessions, your children will build confidence, resilience and skills while discovering the beauty and wonder of nature. To ensure the sessions are the best they can be, please read through the information below carefully before your child attends TGC Urban Forest School sessions.

What is Forest School?

Forest School is a Scandinavian method of working with children outside where, through carefully facilitated experiences, they learn a range of skills (from bug hunting and den-building to tool use and natural art) while developing their self-awareness, confidence, social skills and much more! The approach is child-led and hands on to enable children to discover through exploration, play and skills practice.

What is Urban Forest School?

Urban Forest School (UFS) uses the Forest School approach in urban settings to ensure that children who can't access wild and rural areas – like those in London who need it most - are still able to benefit from learning outdoors. TGC UFS sessions are held in parks and school sites across North London.

What do children need to bring?

It is **essential** that children are dressed appropriately for the sessions as we aim to go out every week unless the weather conditions are extreme. Please ensure your child has:

- Sturdy and waterproof footwear e.g. wellington boots.
- Appropriate clothing – warm in cooler months and loose in warmer months.
- Waterproof raincoat.
- Waterproof trousers if possible.
- Wool hat, scarf and gloves when cold.
- Sun hat when warm.
- Sun cream if hot weather.
- Spare set of clothes to be kept at school.