

What to wear for Forest School?

While we have great big all-weather shelters to keep us dry and lots of blankets and hot drinks to keep us warm, we do spend most of our time (come rain or shine) out in the elements having lots of fun! It is therefore important that everyone is dressed appropriately to make sure we have the most fun possible! The following is a list of what to wear and what each child needs to bring with them:

- The first is strong comfortable well fitting footwear with good tread. Wellington boots are great, however feet can get colder in wellies than in other types of footwear so make sure that if your child is wearing wellies that he/she wears two pairs of warm socks (a snug fit is best).
- Warm clothing including long sleeve top and trousers that you don't mind getting covered in mud, paint, marshmallow, etc... Jeans get very cold when wet so it is better to wear man made fabrics (like polyester rather than cotton), if you don't have lots of choice then poly-cotton tracksuit trousers will be fine.
- Spare warm jumper (even on a warm day). This is best put in a plastic bag inside a small rucksack
- A wooly hat and gloves (in cold weather)
- Sun cream and sun hat (if warm weather)
- Waterproof jacket and trousers or a waterproof suit (if you don't have one then ask your school first as they may be able to help you.
- Any personal medication (such as Asthma inhalers or epi pens) in a clearly marked bag. Your school will have a system for dealing with this.
- Completed consent form (attached)
- If you have any other questions please feel free to contact us via e-mail at office@newquayforestschoo.co.uk or by telephone on 07773 799 755 and we will be happy to help in any way we can.

We look forward to meeting you soon!

Newquay Forest School

CHILD MEDICAL FORM (UNDER 18) /PARENTAL CONSENT FORM



Group..... Child's name
Date of Activity/...../..... Child's date of birth/...../.....
Home address

Please record any current medical condition and special educational needs
.....

Please list any dietary requirements
.....

Please list all known medical conditions (including food and/or drug allergies and include all over the counter or prescription medication taken regularly)
.....
.....

Doctor's name and address

Statement of Consent

I hereby give my permission for my son/daughter to take part in outdoor and adventurous activities with Newquay Forest School. This may involve prolonged periods of physical exercise, climbing trees, use of sharp tools and eating wild food. I also hereby grant permission for any medical attention including administration of first aid, use of ambulance and the administration of anaesthesia and/or surgery (under the recommendation of qualified medical personnel) to be administered to my child in my absence, in the event of an injury or illness, until such time as I can be contacted. I also give consent to my child traveling by any form of public transport and/or motor vehicle driven by a member of staff.

Parent/ Legal guardian

Signed..... Print..... Date

Emergency Contact Number 1.
2.

Email Address:

- Please tick box if you consent to photographs being taken by Newquay Forest School which may be used in online and other official publications.
- Please tick box if you would like to be kept informed of future events from Newquay Forest School.