

HIGHLEY COMMUNITY PRIMARY SCHOOL

Grasmere Drive, Highley, Bridgnorth, WV16 6EH T: 01746 861541

E: admin@highleyschool.co.uk www.highleyschool.co.uk

Headteacher: Mr T Plim

E: head@highleyschool.co.uk



Monday 1st September 2025

Dear Parent/Carer,

This coming half term your child's class, Ironbridge, will be having a set of forest school sessions on **Thursday** afternoons with Mrs Sherry. Please note the change of Forest School day.

The first session will be on *Thursday 11th September* and the final session will be on *Thursday 16th October 2025*.

Each Thursday, please can you send your child into school with a **bag of spare clothes** in case they need to get completely changed after a session. **This will need to include underwear** too! In addition to a set of spare clothes, please send your child in to school wearing clothes for Forest school and a bag with a pair of walking boots or wellies in. These can be left at school for use at play times.

It can get wet and cold outside at this time of year so please ensure your child has a warm hat and plenty of layers. These must be items you do not mind getting very wet and muddy! They will need waterproof trousers and a waterproof coat.

They will be required to wear long trousers, long sleeved t-shirts, jumpers and wellies/boots during all months for safety reasons.

Please ensure all items are clearly named.

An empty carrier bag is always handy to get dirty items home.

Here is a check list of everything needed for a comfortable session-

- Come to school wearing forest school clothes
- Walking boots/wellies in a separate bag, if named, can be left at school
- Hat and gloves
- Waterproofs, if possible, and a warm coat is essential
- Name all items
- Empty carrier bag
- Change of clothes, including underwear, to get home in

Attached to this letter is a copy of the complete clothing list suggested for a safe and comfy time in Forest School depending on the seasons. Also included is how to care for your waterproofs. If you have any spare items that you would like to donate to Forest School, please give these to the office or myself. We're always very grateful, especially waterproofs.

Yours outside

Mrs Sherry
Forest School lead

HIGHLEY COMMUNITY PRIMARY SCHOOL

Grasmere Drive, Highley, Bridgnorth, WV16 6EH T: 01746 861541

E: admin@highleyschool.co.uk www.highleyschool.co.uk

Headteacher: Mr T Plim

E: head@highleyschool.co.uk

FOREST SCHOOL CLOTHING LIST

Below is an idea of what will be needed for our Forest School sessions, these are useful for our normal sessions during the colder months. We often talk about layering clothing but what does it actually mean and why is it important?

Layering means that clothes can be put on and taken off when necessary to keep a comfortable body temperature. Air is trapped in between the different layers and helps provide insulation. The outer layers can be removed if an individual is feeling too hot allowing the body temperature to drop to a comfortable level. Frequently children either wear too much clothing or clothing that is too bulky. This may prevent the child from moving easily and detracts from their ability to participate in outdoor activities. Keeping a base and mid layer on prevents the body temperature dropping too much when outer layers are removed. A comfortable body temperature prevents sweating during physical activity, this is important because once the activity stops the feeling of damp from sweat can make you cold.

Getting the layers of clothing right really enables children to access their outdoor provision and forest school activities.

- Base layer - The base layer is the layer closest to your skin
- Mid layer - is to capture warmth through trapped air
- Top layer – is to provide extra warmth
- Outer waterproof layer – to protect from damp, mud, wind and cold
- Protection for extremities – head, hands and feet
- Sun protection

AUTUMN/WINTER/EARLY SPRING TERM

During this time of year, the children need to be prepared for chilly and often wet sessions. On forest school days each child should wear –

BASE LAYER

Vest or thermal top

Tights or thermal leggings

MID LAYER

Long sleeved T-shirt top

Fleece top/jumper

Leggings/trousers (preferably a thicker type material for really cold weeks)

TOP LAYER – for really cold weeks

Thicker fleece /jacket

WATERPROOF LAYER

waterproof jacket

Waterproof trousers or dungaree trousers

HIGHLEY COMMUNITY PRIMARY SCHOOL

Grasmere Drive, Highley, Bridgnorth, WV16 6EH T: 01746 861541

E: admin@highleyschool.co.uk www.highleyschool.co.uk

Headteacher: Mr T Plim

E: head@highleyschool.co.uk

EXTREMITIES FOOTWEAR

Tights or socks – two pairs of socks in the colder weeks are advised, feet get cold in wellies, also ensure you have a suitable size that will fit two pairs of socks – if the boot is too tight it will also make the feet colder.

HEAD AND HANDS

Wool hat and scarf/snood

Gloves/mittens

Snow boots are ok in cold/dry conditions- but not when we have lots of water.

In addition to the above could each child bring with them the following spare clothing: Spare t-shirt, fleece top/jumper, trousers, pants, socks

SPRING / SUMMER TERM

At this time of year, the weather can of course be warm and sunny however it can often feel cooler in the woods and can be damp on the ground even during a sunny spell. Therefore, please ensure they come prepared. Please note full length sleeves and trousers must be worn to protect against thorns, stinging nettles, and insects.

BASE LAYER

T-shirt top (long sleeves please)

MID LAYER

Fleece top/jumper

Leggings/trousers to be tucked into socks (no shorts please, children must have full length trousers)

OUTER WATERPROOF LAYER

waterproof jacket/trousers /dungarees

socks (would advise two pairs of socks, feet get cold in wellies, be guided by the weather)

Sun hat

Sun cream

In addition to the above could each child bring the following spare clothing:

Spare t-shirt, Fleece top/jumper, Trousers, Pants, Socks

Clothing Care Advice

Waterproof clothing, if maintained in the correct way, should last for a long time, giving good value for money. However, you can very quickly reduce the effectiveness of waterproof material if washing too frequently or with the unsuitable products.

Caring for your waterproof clothing is a bit of a balance. Dirt and residue can build up on your waterproof clothing, affecting the garment's breathability and waterproof efficiency.

Washing the garment too frequently reduces the effectiveness of waterproofing clothing. We have found over time that incorrect washing is the most common reason for waterproof clothing failure. You don't need to wash them every time your child uses them.

Clothing is better left muddy than putting straight into the machine washing. Even if you are following care guides exactly, the waterproofing of a garment will be reduced each time they are machine-washed. Try not to wash waterproofs in the washing machine at all. Instead leave them

HIGHLEY COMMUNITY PRIMARY SCHOOL

Grasmere Drive, Highley, Bridgnorth, WV16 6EH T: 01746 861541

E: admin@highleyschool.co.uk www.highleyschool.co.uk

Headteacher: Mr T Plim

E: head@highleyschool.co.uk

muddy and brush the mud off when it dries or use a large bowl, bucket or even the bath to dip them clean (see below). The clothing rarely looks as clean as it did when brand new, but the waterproof's will last for as long as possible keeping your child dry, rather than looking pristine. PLEASE REMEMBER to refer to the care labels for each specific garment and carefully follow the instructions.

Cleaning - The way you clean your waterproofs can make the difference between them lasting a few weeks to lasting a few years.

The 'Dip wash' way

Fill a bucket, bowl or even the bath with cool water

- DO NOT ADD ANY DETERGENT
- Before washing the garment, brush off any loose dry mud or dirt
- Close zips, velcro fastenings and flaps on jackets and trousers
- Put the waterproofs into the bucket or whatever you choose and slosh them around
- A couple of water changes may be necessary if garments are particularly dirty
- Hang up to dry in a position that allows air movement
-

Detergent - Waterproof clothing should never be washed using ordinary detergent or fabric softener. The chemicals in detergent can break down the composition of the fibres with each wash and strip the fabric of its waterproof coating.

Machine wash - Washing waterproof clothing in a machine, even if following care instructions carefully, can reduce their waterproof lifespan. If you do wash items in a machine, use a specialist cleaner – Nikwax wash and proof is ideal, but make sure the detergent compartment of your washing machine is clean of any normal washing detergent or softener. If you run a hot wash program whilst the machine is empty, prior to washing the waterproofs, it will clear any residue from detergent or softener.

Remember to always check the label of your garment for exact care details.

After washing the garment hang it up to air dry, or tumble dry on a low or medium heat, BUT ONLY IF the garment care instructions allow, please use a Low heat, as heat can affect waterproof materials. Most garment care labels will state NO HOT WASH AND NO TUMBLE DRY. Storage - Make sure all waterproofs are dry before storing away, to avoid them becoming mouldy or musty. Also, avoid storing in direct sunlight.

If you notice that the fabric of your jacket or trousers is absorbing rather than repelling water you may need to re-waterproof your garment – products like Nikwax wash and proof, as mentioned above or similar products, are good for this, and you can get these from any outdoor/camping stores like Mountain Warehouse, Millets, Trespass,