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# Forest Adventure Days

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in our stunning  
woodland setting

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Dear Parent,

## **Forest Adventure Day**

We are very **pleased to welcome you to the Cardiff Steiner Forest Adventure Day** at our 'Base Camp' in St Hilary, Vale of Glamorgan.

I have included information on how to get there, what to take, the structure of the day etc. including an essential 'kit list' for every child. Please take the time to read and familiarise yourself with it.

Please see the attached directions and drop the children at the bottom gate at 9.45am. We will meet you and walk the children up to Base Camp for a 10.00am prompt start. Please contact our Forest Leader Gareth on 07929 854301 if you are lost, or are going to be late. We cannot allow parents to bring children up to Base Camp as part of our CRB check policy.

**Please ensure you complete the Medical, Dietary and Emergency Contact Information Form and hand it in to Gareth on arrival.**

**If you do have any specific dietary requirements (e.g. vegetarian, dairy or gluten free) or medical conditions please do let us know as soon as possible** by emailing [ask@cardiffsteiner.org.uk](mailto:ask@cardiffsteiner.org.uk)

**If you haven't sent a cheque already then please bring your payment** as cash or a cheque (made payable to 'Cardiff Steiner Early Years Centre') and hand it to **Gareth on arrival.**

If you have any questions please just contact me in the office on 029 2019 0099 during term time, or Gareth on 07929 854301 out of term hours.

Many thanks and, most importantly, have a wonderful time in the forest.

Miranda

Administrator  
Cardiff Steiner Early Years Centre

# The Basics

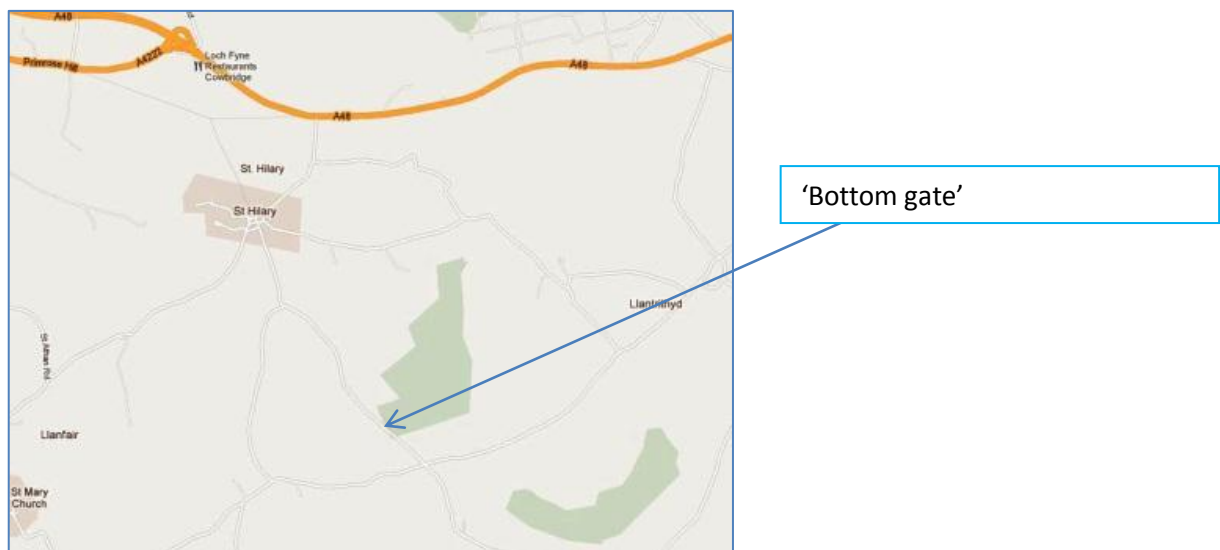
## When and where

Forest Adventure Days run from 10.00am to 3.00pm at our 'Base Camp, a stunning natural woodland setting in a quiet part of the forest, next to Coed Hills Rural Arts Space in St Hilary, Vale of Glamorgan.

## Directions

From Culverhouse Cross take the A48 towards Cowbridge/Bridgend. Drive through St Nicholas and Bonvilston. 2 miles after Bonvilston turn left to St Hilary. At St Hilary bear left, then take the 2nd proper turning left (ignoring any other signs to Coed Hills, these will take you the wrong way). Drive 1 mile down a narrow lane to the 'bottom gate' on the left. Park in the lay-by in front of the gates.

Please drop off the children with us at the bottom gate at 9.45am, to get to Base Camp for a 10.00am start. Please contact Gareth on 07929 854301 if you are going to be late.



## Contacts

For general enquiries, information on payments etc. please talk to Miranda in the office on (029) 2019 0099 in term time. For out of term enquiries, or on the day issues contact Gareth on 07929 854301.

## Weather

We go out into the forest in all weathers except high winds. The weather shouldn't stop the sessions as we have use of a barn at the Coed Hills Artspace on 'wild weather' days.

## Food

We provide healthy snacks, hot drinks and lunch cooked on the fire.

## Toilet Needs

We have a small portable toilet for the children to use.

# What do we do on Forest Adventure Days?

Our Forest Adventure Days follow the Forest School model, an innovative educational approach (originally developed in Denmark) that builds children's independence and self-esteem through hands-on exploration, play and activities in a woodland setting. Children learn about the natural environment, how to handle risks and, most importantly, to use their own initiative to solve problems and co-operate with others.

During the day the children can build a natural shelter or platform, saw and make wooden tools, tie knots, identify insects or help with the fire. They learn to use the site and full sized tools safely so they can also develop their own ideas and play freely in this environment.



As you can imagine there are lots of possibilities. Previously the children have built a low ropes course, and developed the base-camp shelter.

They can help with these type of activities, or they can use the equipment for treasure hunting, seasonal collecting, identification of things around them, digging, using clay, whittling (first with potato peelers then knives as their skills progress) making things out of the natural resources around them, or developing their own plans.

## Our Forest Leaders



### Gareth Lewis

Gareth leads the groups on weekends and school holidays. Gareth is a fully qualified Level 3 Forest School Leader. Gareth is CRB checked and is a member of Forest School Wales, the national network for Forest School provision across Wales. Gareth loves Forest School, and says that *“getting involved in Forest School was a life changing moment. It has been an absolute pleasure to have been able to observe how the Forest School experience impacts positively on children's self confidence and self esteem.”*



### Kara Schmieder

Kara leads the groups with Gareth in School Holidays. Kara is a fully qualified Level 3 Forest School Leader. Kara has previously set up and run a successful Forest School programme for pupils with severe learning difficulties. As a qualified teacher, Kara can see how *“Forest School not only stimulates a curiosity in and an appreciation of the natural world, but also provides fantastic child-led learning opportunities for children to hone ‘soft’ skills, such as communication, co-operation, negotiation, problem-solving and team-work.”*

# Kit List

## Non Clothing

- Please bring a small bottle of mineral/tap water

## Clothing

The children need to be well protected from the elements whatever the time of year; it can still get quite cold and wet in the forest, even in the summer months. The weather in the forest can also change quite quickly so we need to be prepared for that.

Please can you make sure your child is wearing, or has brought along, the following items. The items need to be in a single backpack which the children are able to wear, or carry, safely and independently up the hill. **If it is raining** the children need to be wearing their waterproof coat and trousers on arrival:

- Woolly hat or sun hat
- Gloves (waterproof if at all possible)
- Waterproof coat
- Waterproof trousers
- Fleece/sweatshirt
- Long trousers
- Spare socks
- Stout shoes/wellies/boots
- An emergency change of clothes
- Carrier bag for dirty/wet clothes

## In Cold Weather and Winter Months

**In cold weather and winter months** please make sure the children **are wearing the following ON ARRIVAL** (rather than just carrying/holding them). It's much easier to be warm from the start and stay warm than to get cold and spend the day trying to warm up:

- 3 layers of clothing (thermal underwear is a good idea if you have it.)
- 2 pairs of socks.
- Gloves (waterproof gloves are better than woolly gloves which tend to get very wet and then have no effect.
- Woolly/warm hat
- Wet weather trousers and coats
- Wellies/boots (waterproof 'snow boots' are a good option for keeping feet warm and dry at this time of year, wellies can leave feet feeling rather cold.)