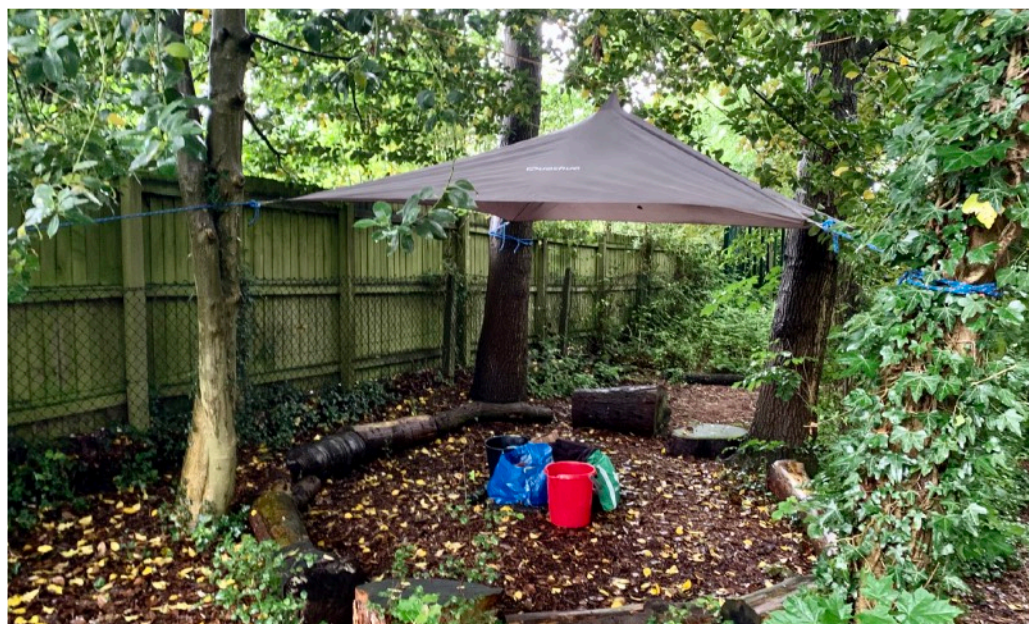
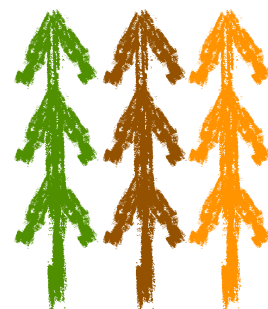


AMONG THE TREES NEWSLETTER



Welcome to Forest Club

Among The Trees is an after school club at Lostock Hall that has sessions on Tuesday and Friday after school during term time.

We'd like to welcome all our learners and their families this term as we launched our inaugural Forest Club at Lostock Hall. We are excited at the response to offering Forest Club and we hope that your children will gain lots of benefits from spending time Among the Trees.



1

IS IT KIND, IS IT SAFE?

One of our key rules for everyone to abide by. Are our words and actions kind and safe?

2

NO LICK. NO PICK.

We don't pick anything from the woods or put it in our mouths. If we're unsure, we ask.

3

LEAVE NO TRACE.

Being responsible stewards of our environment and school.

KNOTS



We have been learning to tie the reef knot this half term.

MAKING



Every session has an opportunity to express creativity through making.



PLAY

Play is essential and we have time where the children can explore and play at their own pace.



Get Out, Stay Out

The benefits of spending time outdoors, in all kinds of weathers.

Research has shown that natural environments can enhance health (Kardan, O., Gozdyra, P, Mistic, B. *et al.* 2015) with benefits for both children and adults.

Spending time outdoors in all kinds of weather can bring benefits such as developing physical literacy, strengthening immune systems, enhancing social skills, helping manage anxiety, developing wellbeing and improving mental health to name a few.

Mental Health charity Mind says that ‘spending time in green space or bringing nature into your everyday life can benefit both your mental health and physical wellbeing.’ (Mind Website 2021)

If you aren’t able to access your local green space, then even spending some time in your back yard will bring some benefit to just being indoors.

Forest Club provides a much needed opportunity for children to access the outdoors, in all kinds of weather. We are privileged to partner with you to offer this opportunity to your young people.

“Play is the real work of childhood.” Fred Rogers

Why do we have free play as part of every Forest Club session?

Free play is the chance for learners to choose and direct their own activity during this time and it respects each persons unique combination of qualities and capabilities.

The perceptions, views and opinions of learners are respected, recognising the wider cultures that we come from.

Free choice in play is a critical factor that enriches their learning and contributes to their well-being and development.

As the CMO for UK states that because of declining activity rates among young people, ‘any increase in physical activity...is likely to provide health benefits and should be encouraged.’

Play then, especially outdoors, is an easy way to help see an uptick in physical activity.



OUR FOREST CLUB LEADER – MATT COUPER

Originally from Australia, Matt has lived in the UK since the end of 2006.

A trained primary school teacher, Matt has undertaken his Level 3 Forest School practitioner’s award in 2021 to add further value to everyone he works with.

Matt loves to share outdoor experiences with people be it hiking, walking or other outdoor pursuits. He is a big believer in the holistic benefits of spending time in the outdoors for learners of all ages.

This is where Among The Trees was born.

