

Metropolitan Borough of Sandwell  
**ST JAMES CE PRIMARY SCHOOL**

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Headteacher: Mrs C McGregor

6<sup>th</sup> May 2021

To all parents/carers  
 Reception – Y6



Dear Parent/Carer

**MENTAL HEALTH AWARENESS WEEK (10<sup>th</sup> – 16<sup>th</sup> MAY 2021):  
 FOREST SCHOOL SESSIONS**

To mark Mental Health Awareness week next week, we have arranged forest school sessions for all classes from Reception through to Year 6. These sessions will be held on the school site and will promote the benefits of nature for our emotional health and wellbeing.

Each class has been allocated a time - you can see the date/time of your child's session on the timetable below along with their planned activity.



## Forest School Plan



	9.15 - 10.30	10.30 - 11.45	12.45 – 2.00	2.00 - 3.15
Monday	<b>RM</b> Pixie Houses	<b>RD</b> Pixie Houses	<b>1I</b> Pixie houses	<b>1B</b> Pixie houses
Tuesday	<b>2P</b> Treasure Hunt	<b>2S</b> Treasure Hunt		
Wednesday	<b>4N</b> Build a Campfire	<b>4M</b> Build a Campfire		
Thursday	<b>5HBT</b> Den Building	<b>5F</b> Den Building	<b>3H</b> Treasure Hunt	<b>3R</b> Treasure Hunt
Friday	<b>6H</b> Build a campfire	<b>6M</b> Build a campfire		<b>5V</b> Den Building

**IMPORTANT:** All children will require suitable clothing for these outdoor sessions (ie warm & waterproof, depending on the weather!). Please note, these sessions will go ahead whatever the weather throws at us! Children should come to school wearing their outdoor clothing to school **on the day** that their session is due to take place. It is likely that children will get wet and dirty so please bear this in mind when choosing clothing for them to wear to school.

I trust that this is self-explanatory, should you have any queries, please have a word with your child's class teacher.

Yours faithfully



**Mrs Hadley**  
**BEHAVIOUR & LEARNING SUPPORT MENTOR**