

Chapel School “Forest Days” *at Mine Falls Park*

What: Connection to the Natural World is an important one for even the youngest of children. Our forest days will allow for play-based learning in a woodland setting. Each day in the park we will:

- Connect as a group through Mindfulness, Brain Gym, and Yoga
- Observe the forest, surroundings, temperature and discuss the days' expectations and activities
- Free play within the meeting area, eventually exploring trails and streams as a group
- Group snack
- Reflection and journaling
- Gather gear and hike back to park entrance for pick up



Where: **Mine Falls Park**
Coliseum Ave entrance behind Hannaford

When: **3 Wednesdays in May**
May 1, 8, 15 - 9:00-11:30
May 1, 8, 15 - 12:30-3:00

Cost: \$20 per day If adding to your child's schedule
\$0 if time is already in your child's schedule

Who: Current students, ages 3 ½ +, who are fully potty trained and can manage clothing independently

Staff: 2 Chapel School staff: Mrs. Thurber and one teacher

Sign Up: Attend mandatory parent meeting on April 8th at 6:30 pm
Register student online <https://goo.gl/forms/4AiuFmQIM1vE2leN2>



Chapel School Forest Days

Policies

Arrival:

Parents will arrive with children just before 9:00 am at the Lincoln Park entrance at the end of Coliseum Ave, behind Hannaford. Have child use bathroom before leaving home. There will be a porta potty in the parking lot at park entrance and we will have a camping toilet with us in the woods. Teachers will be waiting with attendance sheets for students.

Bring Daily:

Parents will supply child with a backpack that includes a full change of clothes and water bottle. We will be creating our snack together in the woods with school-provided, allergy-safe snacks. Proper footwear (sneakers/hikers) for the woods is strongly recommended. No sandals or flip flops please.

Apply Daily:

Please apply sunscreen and bug/tick spray on your child before drop off.

Duration of day:

If you are not at a home number, please remember to leave your cell phone turned on and with you in case your child becomes ill or there is an emergency. Morning duration is 9:00 to 11:30 am and afternoon is 12:30 to 3:00 pm. Please be timely so that we can hike to our meeting space close to the start times. A contact number for the staff members will be provided to you on your Forest Day.

Pick Up:

Please pick up your child promptly at 11:30 am for the morning group and 3:00 pm for the afternoon group. Students will be dismissed from the same parking lot as the drop off location. If your child will be picked up by someone other than a parent, please leave the teachers a written note with the person's name. ID will be required if the person is not known to staff. As with any outdoor time, it is important to do a tick check after each Forest Day.

Please read the Forest Days handbook prior to your child's attendance in the program.

