



Notes from FSA Suffolk Zoom

**Monday 1<sup>st</sup> June 2020**

<b>1. Attendance/Apologies</b>			
<b>Name</b>	<b>Role</b>	<b>Attendance</b>	<b>Apologies</b>
Charlotte Atkinson	Chairperson	✓	
Steph Holland	Secretary – Events and Social Media	✓	
Mell Harrison	Vice Chair	✓	
Joanne Atkins	Treasurer		✓
Jo Ling	Committee member	✓	
Elizabeth Swift	Membership and Communications Officer	✓	
Emma Howe	Committee member	✓	
Sheena Gibbens	FSA Suffolk Member	✓	
Joy Potter	Forest School Leader	✓	
Lynn Foster	FSA Suffolk Member	✓	
Hannah Reed	FSA Suffolk Member	✓	
Lou Hall	FSA Suffolk Member	✓	
Kate	FSA Suffolk Member	✓	
	FSA Suffolk Member	✓	
	FSA Suffolk Member	✓	

**2. Welcome and housekeeping**

Charlotte welcomed everyone and Mell introduced Zoom etiquette. Everyone introduced themselves and shared their current experiences of life in lockdown and getting back to running Forest School.

**3. Breakout rooms**

The group split into 4 smaller groups to discuss and share ideas around 2 questions (summary of responses below each question).

1) What do we need to consider when running Forest School with social distancing?

- Need to keep up to date with latest government guidance which is regularly updated on the FSA website: <https://www.forestschoolassociation.org/fsa-perspective-of-the-uk-governments-covid-19-recovery-strategy-for-members/#myaccount>
- Make use of other sources of guidance that are available for Forest School Leaders, e.g. the guidance ‘Thoughts on Safe FS – guidelines Covid 19’ produced by Sarah Lawful and circulated to FSA Suffolk members (please let us know if you want a copy). The FSA have also produced a useful tool for its members ‘Covid Guidance – FSA final’ (published on 29<sup>th</sup> May) to support with preparing to return to running sessions. This includes a RBA format as this is also something that FS Leaders will need to produce.

Groups discussed the following considerations when starting up FS sessions again:

- Gloves for tool use – options could be to have one pair designated for each person in the group (wash between sessions) or to get people to wash their hands after using any tool (and leaders to wash down all tools at the end of each session). May also need to consider limiting tool work at this time.
- Tippy taps (with foot pedal) will be best for hand washing. May need a number of these, e.g. at entrance to FS site, outside toilet, exit from FS site.
- Soap on a rope could work well with tippy tap. Will need disposable towels for hand drying and lidded bins.
- Participants may need to bring in their own food/ drinks. If this is not appropriate, have one person serving rather than participants helping themselves
- Restrict activities involving equipment that can’t be easily cleaned, e.g. tarps, ropes, soft toys, etc.
- Where possible have individual equipment for participants (or bubbles) that is named and kept on site rather than being taken to and from home/
- site sustainability - over use, non FS trained staff using site
- outdoor learning across the board may impact usefulness of FS leader in school budget.
- schools may have a bigger budget for outdoor learning
- making the circle large enough for children to space out

## 2) What Forest School activities/ games could work well (or be adapted for) social distancing?

### Creative

- Storytelling with natural props
- Story Stones
- Natural painting & natural brushes
- Woodland crowns, sticky bracelets
- Shadow animals and shadow play
- Mud or clay creatures
- Take mud or clay creatures for a walk
- Making music, sticks, singing, chanting, beats
- Environmental Art
- Journey, story, talking sticks
- Bark and Leaf Rubbings
- Hapa Zome
- small world play - fairy houses, etc

### Identification

- Scavenger hunts
- Egg box collecting
- Flora and Fauna ID
- Go Find it!

### Bush craft

- Individual shelters
- Habitat for a small creature or elf
- Knot Skills (modelling)
- Splitting Fire wood, whittling (support by modelling)
- Making tippy taps

### Games

- Woodland charades
- Kim's Game, memory ID game
- Telling jokes, silly songs
- Eagle Eye - using a sit mat as your spot to return to
- Hide and seek
- Grumpy Badger
- long distance message relay - come up with ways to communicate from a distance , e.g. play Chinese whispers across the woodland - must get a message around without the fox hearing etc
- Sounds based games - using music, animal calls, drumming etc

### Health and wellbeing

- Sit spot
- Cloud watching
- Sensory Nature walks
- Penny hike

## 4. Feedback and next steps

- We briefly fed back some of the ideas from the discussions and agreed that we would collate these (scribe in each breakout room to email to [fsasuffolk@gmail.com](mailto:fsasuffolk@gmail.com)) and send out to our members.
- CPD:
  1. First Aid: In response to a request from the last meeting, we have collated details of local First Aid courses that will be running over the next few months. Please contact individual providers if you wish to book (**MELL to add details**)

Dates	Provider and location	Cost	Booking details
23/24 September (9am – 6pm)	A2E First Aid @ Charlotte's Wood in Wilby (IP21 5LT)	£120 per person	Email Charlotte: <a href="mailto:head@charlottesforestscool.co.uk">head@charlottesforestscool.co.uk</a>
10/11 October (a blend of 2 half days at the site and 6 days online)	East of England Training @The Hive, Rougham Rd, Bradfield St George, IP30 0AZ	£110 per person	Email Steph: <a href="mailto:stedmundsbaby@gmail.com">stedmundsbaby@gmail.com</a>
10/11 October	GLT		

2. Behaviour: via Zoom. Mell is planning on running an input on 'behaviour' following a request from members of the group. More information to follow.
3. Games , Songs and Stories - FSA Suffolk CPD session on 4<sup>th</sup> July at Dyehouse Woods in Lavenham. Whether or not we go ahead with this session or postpone will be decided by mid-June. More information to follow.

**5. Date and time of next meeting**

Monday 29<sup>th</sup> June 7.30-8.30pm via Zoom. Please email [fsasuffolk@gmail.com](mailto:fsasuffolk@gmail.com) to register and get the Zoom link.  
 Agenda TBC – please let the committee know if there's anything that you would like to be included.



**Minutes of Networking and Sharing Event**

**Saturday 22<sup>nd</sup> February 2020 at The Foundry, Lawshall, IP29 4PJ**

1. Attendance/Apologies	
Name	Organisation

Charlotte Atkinson	Charlotte's Forest School	
Steph Holland	West Suffolk Hive CIC	
Joanne Atkins	SWT	
Mell Harrison	GLT/Kinda Forest School	
Emma Howe	GLT/Campfire Wild	
Stuart Fidler	GLT/ Coddwomplers	
Sheena Gibbens	GLT	
Lucy Bradshaw	Holbrook Primary	
Sara Knight		
Ferdi Howe		
Sarah Allington	Nature of Learning	
Rachel Patel	Forest Froggies	
Beth Brais	Ashleigh Primary	
Daniel Bowles		
Michael Bowles		
Jaz Rutterford	Gt Barton	
Emma Sullivan	Bressingham School	
<b>2. Welcome and Introductions</b>		<b>Actions</b>
Charlotte welcomed everyone around the fire and everyone introduced themselves.		
<b>3. Update from Committee</b>		
Charlotte reported on the news from the AGM and FSA.		
<b>4. CPD List</b>		
Please see attached list of CPD activities which were shared at the meeting. SH to post onto website. Sara Knight also shared news that there is an available site in Sudbury through Eden Rose Coppice if anyone is looking.		<b>SH</b>
<b>5. Fundraising</b>		
The committee asked if people could come up with some fundraising ideas to help us pay for insurance. People suggested storytelling, games and songs as a theme for a CPD day. A provisional date for this was agreed with the committee of Saturday 4 <sup>th</sup> July and Charlotte offered to host at Charlotte's Wood in Wilby. We discussed reasonable pricing and who could contribute and Mell Harrison, Rachel Patel, Steph Holland and Charlotte Atkinson all agreed to help with facilitating the day. <b>Action:</b> Charlotte to contact other committee members with the date and see if anyone else could help with facilitation and organisation of the day.		<b>CA</b>
<b>6. Date of next meeting</b>		
Our next networking and sharing event will be at Dyehouse Field Woods in Lavenham. It will be from 4-7pm on Wednesday 8 <sup>th</sup> July and will have a theme of foraging and food.		
<b>7. Sharing and networking</b>		
Mell led an introductory song. Emma Howe cooked and shared Bannock break. Charlotte cooked and shared pancakes. Stuart demonstrated how to make a willow wreath and lots of other things. Steph brought her pyrograph pen to share.		

**Minutes taken by Steph Holland.**