

Smiling and
laughing while
we develop
lifelong skills



WildaWood Forest School,
Rosewood Stud, Freckenham Road,
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CB7 5QH

T: 01638 482775

W: wildaWood.co.uk

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Dear All,

We are looking forward to welcoming your child/children to WildaWood Forest School holiday club. This letter will explain what to expect, what to bring and what to wear!

What will your Child need to bring?

We will be outside all day and because we live in the UK that means we can experience all weather conditions in the space of an hour ☺! So with that in mind, your child will need to bring the following items to ensure we are prepared for all weather conditions. We recommend that these items are carried in a RUCKSACK.

- Layers of light clothing, ideally tops with long sleeves
- Sun hat
- A waterproof outer layer, top and bottom – please ask in advance if you require any help with this as we may have spares.
- Waterproof shoes in case it is muddy, we recommend walking boots, wellies or shoes, but you can send them in trainers as long as they are sturdy. NO open shoes please.
- NO shorts please, however hot it is, we have brambles and nettles – ouch!
- Suitable sun care.

Food & Drink

Your children will need sufficient food to see them through the day, bearing in mind that they will be outside and active all day. Please provide your child with a packed lunch. This is what we'd consider enough:

1. Drink for the day (they drink more than you would expect)
2. A mid-morning snack (just to keep them going)
3. Lunch
4. A mid-afternoon snack

We will always have drinking water available and we can offer some fruit and dried snacks, as a treat we may even toast some marshmallows on the fire and make S'mores! If your child has any dietary requirements, please clearly stipulate these in the enrolment form.

Food, drink and waterproofs should be in a rucksack marked with your child's name. It's also sensible to make sure that waterproofs are name tagged as they all look alike and have a tendency to get thrown on and off.

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Insects

We do share the woods with other animals, which is part of the joy of being there of course. Mostly we get along fine, but there are a few beasties that can be problematic:

Mosquitos, wasps and bees: We rarely get stings, but they do happen. If your child is allergic to wasp or bee stings make sure we know (registration form) and if they need Piriton (or anything stronger) then send it along with them.

Ticks: It is unlikely that we will encounter ticks but they can be an issue when you are in the woods. Ticks are small parasites that lurk in long grass or ferns and attach themselves to bare skin, which is why we ask for your child to wear trousers, long sleeved tops and closed shoes. They can look like a small scab. If our leaders see a child has a tick they will remove it using a tick key, and inform you on pick up. If you notice a tick on your child, don't panic, but do remove it carefully as soon as you can. DON'T just yank it out (this is a bad idea). Use a tick key or other device if you have one, or a loop of cotton thread if you don't. There is a [handy guide to tick removal here](#). Ticks can carry [Lyme disease](#), which is potentially serious, though treatable with antibiotics. If your child has a tick, then remove it and keep it in a plastic bag. If your child develops a rash, joint pain or fever then your GP may be able to test the tick to see if it carries the disease. You can email or call us if you need advice.

How to find us

Located 5 miles out of Newmarket. Follow A11 from Newmarket and take the second exit signposted Chippenham (B1085). Follow the road through the village and take a right turn onto the B1104. After 50 yard take another turn right onto Freckenham Road follow the road for approx. 1 mile and Rosewood Stud is on the right hand side.

Once you arrive at Rosewood Stud, you will need to press the button for Darren & Melissa WildaWood Forest School on the gated entry system. Please follow the instructions to the main carpark and we will meet you there.

If you have any problems finding us then please do not hesitate to contact us, we may be in the wood so please call our mobile numbers:

Darren – 07969-621380

Melissa – 07598-747848

If you have any questions please let us know and we will happily help.

We look forward to seeing you in a few weeks' time!

Darren Neal & Melissa Murfet

WildaWood Forest School