

## Forest school

Forest School sessions will be on Tuesday afternoons.

### **What is forest school?**

Forest school is an inspirational process that helps and offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands on learning experiences in a natural environment with trees.

### **At Forest School all participants are viewed as:**

Equal, unique and valuable

Competent to explore and discover

Entitled to experience appropriate risk and challenges

Entitled to choose and to initiate as well as drive their own learning and development

Entitled to experience regular success

Entitled to develop positive relationships with themselves and others

Entitled to develop a strong, positive relationship with their natural world

During our Forest School sessions the children will have the opportunity to explore the outdoors area whilst challenging themselves with different activities which include:

tree climbing, team building, tool use and den building, in addition to learning about the outdoor area as well as, how to protect and look after our environment. This allows the children to take appropriate risks in a safe and natural environment.

### **How children are kept safe?**

At each session there is always a Forest School leader (Mrs Cooksley) who is trained in outdoor first aid. A mobile phone enables contact to be made quickly with the main school. The school's accident and emergency procedures will be followed at all times.

Children are shown the boundaries of the outdoor learning space and are given the chance to look at self-risk benefits alongside risk assessments carried out by the Leader and Staff attending Forest school.

### **How can you help?**

Children should have clothing appropriate to the weather. (Old clothing is better) Children can come to school in their Forest School clothes. Wellies can be kept in school, rather than bringing them in each week.

### **Cancellation**

Forest School will only be cancelled in extreme weather if the site is deemed unsafe or if there are not enough adults to accompany the children.

### **Behaviour**

Behaviour will be dealt with in line with the schools School Behaviour Policy. However, we reserve the right to exclude a child from attending Forest School if their behaviour is dangerous to themselves or anyone in Forest School.

### **Why is Forest School such a great opportunity for your children?**

1. Research has shown that learning that takes place in the outdoors is much more powerful and memorable as all the senses are involved.
2. Forest Schools develop children through a child led approach.
3. Children are taught how to assess risks for themselves.
4. Children are able to develop their speech, language, social skills and empathy.
5. They learn to respect and appreciate the natural environment.

### **Clothing**

Welly boots or sturdy shoes - not school shoes please.

Waterproof outer clothing - trousers and coat. Please ensure your children have these with them if there is a chance of rain.

Warm clothing to put under water proofs - long sleeves and trousers

### **What will they do there?**

Children will gradually build up to different activities as trust is gained. These may include:

Mud painting

Shelter building

Collecting fire wood

Fire lighting safety

Using basic tools under supervision.

Using a talking stick for listening and talking to each other at basecamp.

Team building

Tree climbing

### **About each session.**

Children will be in the Forest for about an hour. The session usually starts with an opening discussion at basecamp. Then the activities available are explained and any safety training given to them.

Children then choose what they would like to do and the session closes with a reflection at basecamp.