



FOREST SCHOOL

INFORMATION FOR FAMILIES



Keeping safe

The Forest school leader runs the sessions and are fully trained in emergency outdoor first aid and risk assessment.

The site has been carefully assessed and the children will be given detailed training for all of the activities

Part of forest school is teaching children about risks and how to evaluate them.

Activities will be introduced as the children in the group are ready for them and will be carefully supervised by an adult

By allowing children to take these measured risks, we help to prepare them for making choices when they are older and teach them to be actively responsible for

Weather

What if it's raining? ' There is no bad weather, only bad clothes' ! Forest school will be able to go ahead in almost all weathers so long as the children have suitable clothes that will keep them warm and dry. If there are high winds, thunderstorms or very bad weather then the forest school leader will run an indoor session in school.

What is Forest School?

Forest School is an inspirational process, that offers all learners regular opportunities to achieve and develop confidence and self esteem, through hands on learning experiences in a woodland or natural environments with trees.

Why is forest school good for my child?

It will help your child develop skills like:

- *Communication,*
- *Perseverance,*
- *Resilience,*
- *Responsibility,*
- *Independence,*
- *Inquisitiveness,*
- *Social skills.*



Children will also be able to practise and use their literacy and numeracy skills, as well their speaking and listening skills, which are very important. Every forest school programme is designed specifically to meet the needs of the group so will provide your child with an individually tailored programme to help them develop and enhance their school curriculum.

Key information...

Who runs forest school?

Miss L. Jackson currently leads the forest school sessions, working with one of the adults from your child's class in school.

When do they go?

One session every week per class. A Forest school session lasts around 2 hours. During this time the children will usually have time to play some games, sit together around the fire circle and discuss what they are going to do. Then they will be introduced to the activities for that week. The forest school leader will give any safety talks and the children will choose their activity. The session will end with another discussion altogether about what they have enjoyed and what they would like to do in their next session.



What do they do?

Earlier sessions will focus on core skills and safety; establishing boundaries and routines. As the children develop in confidence and familiarity with the environment the sessions focus on the development and consolidation of skills and understanding. We will, at some point, cook over an open fire, use tools, make dens, leave trails, go on scavenger hunts, make environmental art and lots, lots more.

What should they wear?

"There's no such thing as bad weather, only bad clothing"

In Autumn/Winter children will need: long sleeved T-Shirt, warm trousers, 2 pairs of socks, warm layers – sweatshirt, jumper, fleece, warm hat, gloves, scarf. waterproof trousers and jacket, wellington boots.

In warm weather: light cool clothing – long sleeved top, light weight trousers, wellington or other sturdy boots, sun hats, full waterproof gear may still be required at times.