

- Learning to care for our green spaces and wildlife.
- Individualised learning – Careful observation allows adults to tailor support to children's own interests and stage of development.
- Curriculum Links – Forest School supports many areas of the Early Years Foundation Stage Curriculum, National Curriculum and the 'Every Child Matters' agenda.

When will Forest School be taking place and how should the children be dressed?

This programme will take place during the school day. Each class will be taken out to the Forest School area once every week or in a blocks of sessions, depending on the year group.

Please make sure that your child has wellingtons and a change of clothes (see clothing requirement list) in school for every session. In summer, a sunhat would be advisable and in winter, extra layers, a hat and gloves.

Ensure that all clothes and boots are named and that they are old clothes.

The children cannot wear their school uniform, school coat or shoes to Forest School.

But, please let your child know that at Forest School they CAN GET DIRTY and you don't mind!

Winter Clothing –

The general rule is to wear lots of layers which keep in the heat and can be removed if needed.

Children require:

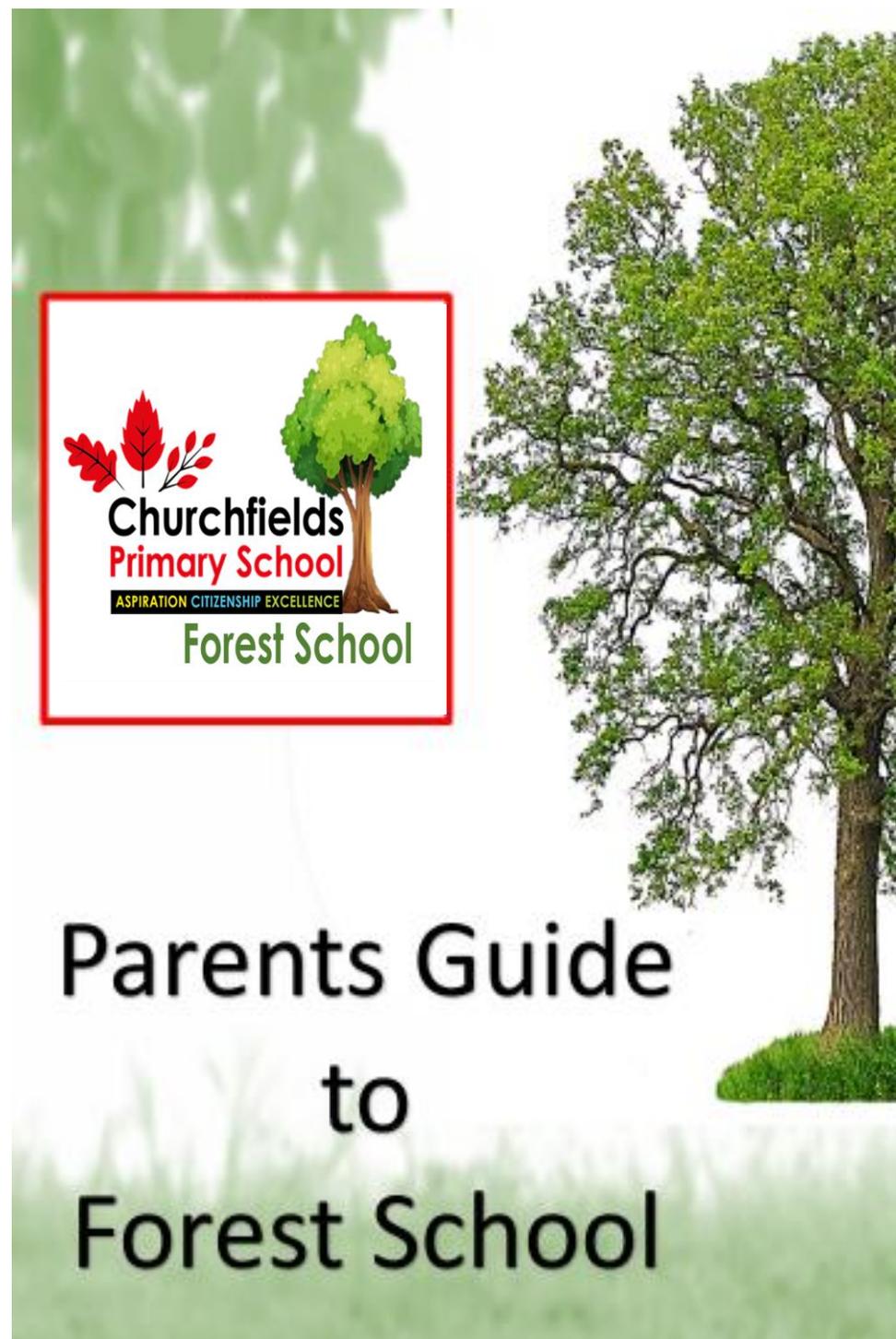
- Thermal underwear Vest
- Long sleeved t-shirt/shirt
- Long trousers or jeans
- Jumper/fleece
- Warm hat
- Gloves (not mittens)
- Wellies (preferred) or hard shoes with warm socks
- Coat/jacket (old) or rain mac

NB – Children will not be wearing their school coat for these sessions. In very cold weather, please supply extra layers or an old jacket in their kit.

Summer Clothing -

- Sun hat
- Sun cream applied before session
- Lightweight long sleeved top
- Lightweight long trousers
- Wellies (preferred) or hard shoes

It is advised that children should have sunscreen applied at home before they come to school, but if a top up is required, please send in a bottle with the child's name clearly written on it for them to apply before a session.





What is Forest School?

Forest School is a programme developed in Sweden in the 1950's. It concentrates on delivering education in an outdoor environment. A study carried out concluded that children who experienced learning in an outdoor setting were more balanced, more socially developed, had deeper concentration levels and better coordination. Today, outdoor learning has been shown to increase attainment

and attendance levels in children. It has also been shown to increase self-esteem, confidence and communication skills.

Forest School is a practice that gives children the opportunity to develop self-learning through natural play and positive outdoor experiences. A gradual introduction to learning is facilitated by trained professionals who guide children by way of experimental learning. Forest Schools help children to understand the importance of nature and the environment.

Where will Churchfields Forest School be taking place?

The area that we use for our Forest School is the wildlife area at the bottom of the school's field. This has been cleared for the children to use safely supervised in a taught lesson.

It is a secluded space which will feel quite different to the areas where the children usually play and learn; a real little wild space for nature. There are lots of birds and mini-beasts, as well as the wonderful range of native trees and plants. The area is fenced and we will make sure, at every session that the children are secure in their understanding of the boundaries and of our Forest School rules. The area has been thoroughly risk assessed and this will be updated regularly and checked before each session.

Who will be staffing the Forest School?

Kim Miller has been trained in Forest school delivery and also holds a full St Johns' First Aid certificate.

Each session will also be supported by the class teacher and TA.

Health and safety

The health and safety of all participants is central to everything undertaken within a Forest School programme. Forest School leaders are fully trained in risk assessment and emergency first aid. The Forest School operates under the school's Health and Safety Policy and policies and procedures regarding safeguarding and confidentiality.

Alongside this the following are completed:

- a seasonal and daily risk assessed site;
- risk assessments for activities;
- informed adult helpers;
- First aid and emergency equipment.

Some of the activities the children may participate in are 'higher-risk activities' (such as campfire cooking or tool use). However, these activities are not available to the children until certain behaviours and boundaries are established. Children are encouraged and supported in recognising and managing risk for themselves, through real life situations and experiences.



What sort of activities will go on at Forest School?

The first sessions will focus on core skills and safety. Activities will increase week on week and may include:

- Games
- Orienteering
- Storytelling (around our fire square, lit or unlit)
- Natural art activities
- Use of tools (if skills and behaviour indicators secured)
- Exploring, nature watching and bug hunting
- Climbing, rolling
- Practical woodland skills
- Building dens and shelters
- Time to be quiet, reflect or talk
- Camp fire cooking (for years 2-6)



What benefits will my child get from participating in Forest School?

Forest School supports the holistic development of the child:

- Health and fitness – Being active in an outdoor, natural environment.
- Increased emotional wellbeing – just being among trees has been shown to have a real and positive effect.
- Social development – Communicating, sharing, negotiating and Problem-solving. Increased confidence.
- Skills development – Developing fine and gross motor skills and coordination for real purposes.
- Gaining knowledge and understanding – Multi-sensory and real-life learning.