

What is Forest School?

Forest School originated in Scandinavia in the 1950s and was introduced into the UK in the 1990s. Since then it has grown and grown! Forest School aims to be an inspirational process that offers regular opportunities to achieve and develop confidence and self-esteem through hands on learning in a woodland environment.

When and where will the Forest School sessions take place?

Sessions will take place in the 'Wild Woods' (on the school grounds) every Friday afternoon where we aim to be outside from 1:10pm-3:10pm. We will go out every week, all year, in all types of weather! Sessions may be shortened or cancelled in extreme weather.

What makes Forest School so special and unique?

Sessions are child-centered. The children take the lead and choose what they would like to do.

The sessions support children in risk management and allow them to take appropriate risks.

Children learn about nature and how to care for the natural world.

Social skills such as co-operation, negotiation and sharing are developed, as is empathy.

Children become eager to participate and inspired to learn.

They focus for longer which can transfer back to the classroom.

**BUT MOST IMPORTANTLY...
THE SESSIONS ARE GREAT
FUN!**

Forest School in the Wild Woods

Information for Parents and Carers



What will happen at our Forest School sessions?

Each session will be different as the children decide on which activities they want to do. Some of the fun activities they may be involved in are: Den building, mud play, climbing trees, exploring natural objects, arts and craft, rope games, physical activities, digging and bug hunting. We will also use tools such as peelers, loppers, hammers and saws.

Children will be shown how to use tools and will agree to participate in these activities safely.



What does my child need?

Please send your child to school dressed in old clothes and old trainers on Fridays.

Long sleeves and trousers are advised in all weather to minimise stings and scratches.

We will provide all children with a waterproof suit.

Children should have wellies in school for when it is wet and muddy.

The children **WILL** come home ddy!

If it is cold, please remember hats, gloves and extra layers.

If it is hot, please apply sun cream before school and send in a sun hat.

