

## 6 PRINCIPLES

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1. Forest School is a long-term process of frequent and regular sessions in a natural environment. Planning, adaptation, observations and reviewing are integral elements.
2. Supports the development of a relationship between the learner and the natural world.
3. Aims to promote the holistic development of those involved, fostering resilient, confident, independent and creative learners.
4. Offers learners opportunities to take supported risks appropriate to the environment and themselves.
5. Forest School is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.
6. Uses a range of learner-centered processes to create a community for development and learning.

## Health and Safety

Each session will be run by Miss Titman who has a Level 3 Forest School qualification and an up-to-date first aid certificate.

A safety check of all equipment and the site will be carried out before each session.

We may use simple tools such as a mallet or a screwdriver and practice striking a fire steel during sessions depending on the activities offered. Children will be supervised at all times when using them.

During some sessions we will have a small fire, this will be supervised at all times and safety procedures will be discussed with all before it is lit.

## FOREST SCHOOL

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### Information for Parents



**‘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 environment with trees’**

# Forest School Sessions

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Forest School is based more on the process of learning than on the content. Children are given encouragement to direct their own learning.

During sessions we aim to provide a holistic approach to learning, enabling the integration of multiple layers of meaning and experiences. This encompasses the physical, intellectual, emotional, social and spiritual aspects of learning and the way they interact with each other to provide meaningful experiences.

It creates a positive learning environment that provides opportunities to learn in different ways, develop problem solving skills, creativity, team working and self-confidence.

During Forest School sessions children will enjoy a range of structured activities linked to the curriculum areas relevant for their year group. Each session will be planned, however, these may be adjusted depending on the weather and how previous sessions have gone. The sessions are designed to be progressive with previous sessions being relevant to the learning of future ones.

Forest School aims for all learners to:

- be equal, unique and valuable
- be competent to explore & discover
- experience appropriate risk and challenge
- choose, initiate and drive their own learning and development
- experience regular success
- develop positive relationships with themselves and other people
- develop a strong, positive relationship with their natural world.

# What to wear

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During Forest School sessions children must be dressed appropriately for the weather and be prepared for unexpected changes. Clothing should be suitable to get dirty, no best clothes please.

- Footwear - Trainers or wellies for wet days.
- Long trousers and long sleeved tops should be worn to protect arms and legs from natural objects. Preferably no jeans as they restrict movement.
- Layers are needed for colder days that can be added or taken off as needed.
- Sun hat and sun cream for warm days and wooly hat and gloves for cold days.
- Waterproof coat and trousers for wet days, these allow clothes to stay dry and children to keep warm.