

# FOREST SCHOOL PARENT INFORMATION



**'Forest School is an inspirational process, that offers children and young people opportunities to achieve, develop confidence and self-esteem, through hands on learning experiences in a local woodland environment.'**

**-Forest School England**

Forest School originated in Denmark where outdoor living and learning is a way of life. It is a nationally recognised outdoor play and adventure programme.

Forest School benefits children of all ages and has a child led approach which is fun and unhurried. Children learn to take risks and learn to succeed with small, achievable tasks and manage those risks under the guidance and supervision of a qualified Forest School Leader.

Forest School is a long term programme, delivered by trained Forest School practitioners. Our Forest School programme will run for 6 weeks with children attending sessions once a week

We will operate our sessions at a designated Forest School site.

Typical Forest School activities might include:

- Bug searching and identifying
- Tree climbing
- Learning to use tools
- Whittling sticks
- Den building
- Experimenting through mud

**Health and Safety** is a priority in the safe enjoyment of our Forest School sessions. Each session is led by a Forest School leader who is also a qualified first aider. The area will be risk assessed prior to the start of each Forest School session.

During the programme, we will be teaching children the safe use of tools during the sessions on a 1:1 basis.

***Whilst lighting and cooking over fires is a popular aspect of Forest School, we do not have the facilities to do so currently.***

Please be aware that sessions will take place in all weathers except for high winds.

**Please send old clothes and suitable footwear for your child (wellies are fine or an old pair of trainers).**

If you have any further queries regarding our Forest School programme, please feel free to approach the class teacher.