



About Forest School

Forest Schools originated in Scandinavia around the 1950s. Forest School practice was introduced to the U.K. in 1995 following a visit to Denmark by a group of nurses and Early Years professionals. Bridgewater College in Somerset were the pioneers of Forest school here in the UK and there are now hundreds of training locations and practising Forest Schools up and down the country. We are very fortunate to be able to offer this exciting way of learning here at Rackham.

The Philosophy of a Forest School is to inspire individuals through a range of positive experiences. Using close contact with nature and achievable tasks, children will develop personal and social skills including growing in self discovery, confidence and independence, nurturing a sense of self worth.

Through Forest School, children will learn and acquire important life skills that will support and enhance the learning taking place in the classroom.

All Forest School sessions will be run by class teachers. Each year group will arrange a timetable which will be shared with parents. Over the time at the school children should get to experience Forest School in the different seasons.



The Rackham C of E Primary School

Forest School

A Guide for Parents



Below are some of the many experiences we hope to make possible for your child. Forest School sessions are largely child led so each session is a different experience.

- Den and shelter building
- Natural crafts
- Circle time
- Campfires and cooking
- Whittling



It may be muddy, it will be exciting, it may be cold, it will be lots of fun and it will be the stuff memories are made of!

What will they need?

Forest School session will run throughout the year and in all weathers (except high winds and thunderstorms). Your child will need suitable clothing for outdoor learning.

This includes:

- ◇ A change of clothes: warm clothes, gloves and hat for winter, sunhat for summer.
- ◇ Wellington boots (or old shoes)
- ◇ Waterproof coat and trousers (if you have them)
- ◇ Sunhat and sun-cream when required.
- ◇ All children will need long sleeves and trousers at all times for Health and Safety

Please expect all clothing and shoes to become muddy. It is important for the children's experience that they are not worried about getting their clothes dirty.



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What will Forest School do for my child?

Forest School aims to:

- Encourage children to enjoy challenges.
- Stimulate curiosity and a desire to take risks enabling them to achieve more.
- Provide opportunities for child led learning.
- Give opportunities that may not normally arise.
- Give children the freedom to learn at their own pace.
- Inspire them through a range of positive experiences.
- Foster an awareness of nature and the need to nurture the world around them.
- Support and compliment the work that goes on in the classroom.

