



### What to wear

As Forest School sessions run in all weather, it is important to wear suitable clothing.

School will provide waterproof jackets and trousers for all children.

Please ensure your child comes to school (on Fridays) wearing:

#### Cold weather

- Warm trousers
- Hat, scarf and gloves,
- Vest, long sleeved t-shirt and warm jumper/sweatshirt.

#### Warm weather

- Trousers
- Light, long sleeved top
- Sun hat and sun cream

Your child also needs wellingtons or sturdy walking boots that are OK to get muddy and spare set of socks.



### Why Forest School?

Through risk taking and problem solving in a safe, outdoor environment children develop:

- confidence and self esteem;
- communication and social skills;
- physical skills;
- greater understanding and awareness of the natural environment;
- natural motivation and a positive attitude to learning;
- the ability to recognise and manage risk;
- healthier lifestyles.

### Volunteers welcome

If you love the outdoors whatever the weather and would like to help out at Forest School on Friday afternoons please see Mrs Firminger.



# Forest School



### What is Forest School?

Forest School was developed in Scandinavia, but is growing in popularity in the UK.

Forest Schools allows children to learn new skills through hands on experiences in an outdoor natural setting.

### Who runs Forest School?

Mrs Firminger leads Forest School sessions, assisted by Mrs Stanton.

### Where do Forest School sessions take place?

Forest School sessions will take place at St Nicholas CE Primary School, in their wonderful outdoor area and sometimes in the open grassland behind St Nicholas.

### How will we get there?

We will travel to St Nicholas by our school minibus.

### When are Forest School Sessions?

Forest School will take place on a Friday afternoon.

We will leave school after lunch at 1pm and will return for 3.30pm – 4.00pm

Year 3 children will attend in the autumn term (in 2 groups of 15)

Year 4 children will attend in spring term (in 2 groups of 15)

Year 2 children will attend in summer term (in 2 groups of 15)

### What happens at Forest School?

Each session lasts about an hour and a half. The session starts at the fire circle with safety talks, then we play whole group games, followed by adult led activities and child initiated activities. We finish the session with a snack and reflection time, deciding what to do next session.

Your child will take part in a lot of different activities and games involving team work and problem solving.

Examples of activities include:

- Cooking over a camp fire
- Using tools e.g. saws
- Making dens
- Learning how to tie knots
- Creating and following trails
- Going on minibeast hunts
- Nature trails
- Pond dipping
- Environmental art
- Playing with mud

### How do we stay safe?

Mrs Firminger has risk assessed the site and will risk assess all activities the children will do.

Children will only use tools in a 1:1 situation with Mrs Firminger who has been trained on how to use them.

Children will cook at the campfire in a 1:2 situation with Mrs Firminger who has received training on safe campfire management.

Children will be given training and instruction for all activities they do.

Mrs Firminger is a qualified first aider.

If you have any concerns about safety please pop in and speak to Mrs Firminger.

### Weather

Forest School sessions will take place in all weathers, throughout the year.

If there are high winds or storms then the session will be run indoors or cancelled.

