What is Forest School?

The core focus of Forest School is providing children with regular access to the outdoor environment and allowing them time to connect with nature. They will also be given time to learn through their own exploration of the natural environment. A trained Forest School leader will be on hand to provide support and guidance to allow the children to safely negotiate potential risks and hazards that can arise in nature. The children will be given time to grow in confidence within forest school and build on friendships within their peer group before moving on to adult led activities. They will be introduced to new skills including knot tying, tools, fire lighting, outdoor cooking, den building, craft activities and nature ID. They will be learning to respect, protect and enhance the natural environment during every session. Forest School has been building in popularity within schools over the last 15 years and it easy to see why. Its holistic methodology enables the Forest School leader to provide a fun, nurturing and relaxed atmosphere that focuses on child centred learning. Forest School can have a positive impact on almost every aspect of a child’s development incorporating intellectual, spiritual, physical, emotional and social growth.



*https://visitquotes.com/margaret-mcmillan-quotes*

Forest School ethos and principles

The Forest School Association is the professional body for UK Forest Schools. They promote the 6 main principles of Forest School which were created and agreed by the UK Forest School community in 2011. All Forest School leaders aim to follow these principles to promote best practice.

1. *Forest School is a long-term process of regular sessions, rather than one-off or infrequent visits; the cycle of planning, observation, adaptation and review links each session.*
2. *Forest School takes place in a woodland or natural environment to support the development of a lifelong relationship between the learner and the natural world.*
3. *Forest School uses a range of learner-centred processes to create a community for being, development and learning.*
4. *Forest School aims to promote the holistic development of all involved, fostering resilient, confident, independent and creative learners.*
5. *Forest School offers learners the opportunity to take supported risks appropriate to the environment and to themselves.*
6. *Forest School is run by qualified Forest School practitioners, who continuously maintain and develop their professional practice.*

*https://forestschoolassociation.org/*