

Our children say:

“I want to do Forest School everyday”

“I always feel calm in The Nest and my anger goes away”

“I love Mondays because of Forest School”

“Mud art is my favourite”

“I really want to look after our wood because it is amazing and very special”

“I’m always happy in Squirrel Wood”

“It doesn’t matter if it’s raining for Forest School”

“My favourite thing ever is watching the camp fire”

“Forest School is my best day ever”

“I love bird watching and now I know all their proper names and even some of their voices”

“Bug hunts are so good”

“Everything is fun and cool in Forest School”

“Forest School helps when you feel very sad because you feel much better when you leave the wood”

“I’ve got new friends from other classes now”

“Everyone cares about each other at Forest School and no one is ever mean there”



# Introduction to St Peter's Forest School

St Peter's Forest School is a holistic, long term learning process which takes place in our onsite woodland and gives participants endless opportunities to lead their own learning and develop many skills including social, emotional, cognitive, physical and communication skills, independence, confidence, resilience and self-esteem. Forest School encourages and nurtures a deep relationship with nature and a growing respect for the natural world.

At St Peter's Forest School, positive mental health and well-being underpins all that we do. The children will have unique opportunities to take managed risks, engage in tool use, fire lighting, nature art, scavenger hunts, flora and fauna identification, sustainable woodland management techniques, meditation, mud art and play. Many people see Forest School as an opportunity to get messy and dirty and whilst this is always an option, it is not essential! For some children, splashing around in the mud is too challenging. There are always a variety of activities on offer to ensure that everyone is included regardless of their needs and preferences.

Vast amounts of research support fantastic outcomes for those who engage in Forest School. When our children engage in Forest School, we frequently see improvements in their mental health and well-being, overall attitude to learning and more positive behaviours.

We believe that the wise words of Chief Seattle, "Take nothing but memories, leave nothing but footprints" are vital to the sustainable management of our woodland. Children learn about their Forest School environment and are involved with our sustainable woodland management plan. All activities are assessed for their effects on our precious woodland and measures taken to minimise any negative impacts.



In line with the Forest School Association (FSA), we follow their 6 core principles

1. Forest School is a long-term process of regular sessions, rather than a one-off visit. 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-centered 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. ((FSA), n.d.)

