

## Forest School Information

### Forest School Ethos

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

Forest School started in Scandinavia in the 1950 and by the 1980s was an integral part of schooling in Denmark. It started as teaching children about the natural world in a way that gives children experiential learning in their local woodland. These learning experiences help to develop communication, confidence and practical skills, as well as a greater understanding of the environment.

Forest school is based on the principles of having high adult/child ratios and regular visits to the woodland with professional Forest School Practitioners, who will plan activities based on the observed needs and interests of the children.

- The group visit the wild area on a regular basis except in extreme conditions.
- Games are played and small achievable tasks are set, such as collecting natural materials and building shelters from sticks. Children will also learn about fire and cooking on a fire.
- The children learn basic woodland skills and simple tool use as a method to boost their self-confidence, raise their self-esteem and improve fine and gross motor skills.
- ☒The children use natural materials and through this develop practical and intellectual skills.

### Health and Safety Policy

Full risk assessments of the site, tools used and all core activities have been carried out to ensure that Forest School sessions are as safe as possible and the risks involved in the activities are properly managed.

### What to bring

As Forest School sessions take place outside whatever the weather (unless the weather presents a danger), it is important to bring the following:

- Comfortable shoes/trainers which can get dirty
- Waterproof jacket and waterproof trousers
- Hat (either woolly or sun, depending on the weather)
- Sun cream if hot
- Old clothes you do not mind getting dirty which fully cover legs and arms