

Forest School



ST AUGUSTINES
SCHOOL AND NURSERY



What is Forest School?

Forest school originated from the Scandinavian education and came to the UK in 1995 where it has developed and grown a recognition. Some may say forest school is children 'playing in the woods' but it is much, much more. Forest school centres around developing children's 5 Cs; Conscious of self, control of self, catalyst, community and compassion. Each session and setting tailored to the needs of the children and the ethos of our Forest School is freedom. Yes, the children will be playing in the forest but they may be developing their ecology of our setting, they may be developing their tool skills or exploring why the fire won't light with wet wood. This all developing resilient, confidence children.

Where and when is Forest school?

If you have not yet visited our school site, please feel free to book in a visit with Miss Jones. We are very lucky to have a vast woodland, meadow and many resources to support our Forest School sessions on our very doorstep. The pupils involved in the sessions varies term to term and the sessions are carried out during school hours. Miss Jones does also a small after school club. Forest school happens in all-weather types.

What will my child be doing?

This varies session to session. The trained Forest school lead will plan sessions based on the children's needs and interests but the children may choose to take the session in a different direction. Possible activities include:

- Hunting for minibeasts
- Natural crafts - necklaces, dreamcatchers, crowns, hapa-zome, collages
- Fire building and cooking at the fire circle
- Shelter building and knots
- Tree climbing

As identified, the sessions are planned around the children. They are sequences sessions that build on the skills the children need and are interested in.

Why we do Forest school.

Forest School sessions support children's holistic development. This includes;

- Health and fitness - being outdoors in the natural environment
- Social and communication - sharing experiences and solving problems
- Gaining knowledge from first hand experiences
- Curriculum links
- Individuality - children intrinsically choosing what they would like to learn and develop
- Resilience and self-esteem

Health and Safety

Forest school involves a lot of risky play. Allowing children to experience risk to support his development. Health and Safety is considered and risk assessments are implemented and carried out for specific activities; these can be found in the Forest School handbook.



Who will be leading Forest school?

One of our teachers, Miss Jones has recently completed her Level 3 Forest school qualification and will be leading sessions. Additional staff will also be supporting Miss Jones, depending on ratios and children in each group.



Important information.

Forest school is outdoors and can be very messy. Therefore, please ensure the following:

- Your child wears sunscreen and brings a sunhat in sunny, hot weather
- Your child wears old clothing that is allowed to become messy
- Your child has a waterproof coat and wellies in rainy weather (as you may be aware we do have wellies and overalls for some of KS1 but it is best for your child to come ready)
- Warm clothing; hats, scarves, gloves in the winter months.

Using our school's communication method, weekly reminders and requests may be sent out.