



# Forest School Guide for Parents and Carers

## Ocelot Class sessions: Tuesday afternoons



### About Forest School

Forest School first began in Scandinavia in the 1950's as a means of helping children to learn about the natural world through stories, songs and practical experiences in an outdoor classroom. It's value in building confidence, self-esteem and independence was quickly recognised and Forest School soon spread. Forest School encourages children to take a chance, to explore risk and to take the time to stop and reflect on their experiences, asking questions and making sense of their own thoughts and feelings in the natural world. Children gain a valuable lesson in healthy, active lifestyles through a child led approach, developing holistically, physically, socially, emotionally, spiritually and intellectually in a safe, stimulating, positive and natural environment.



### Health and Safety

In Forest School children learn life skills of assessing and managing their own risks and clear boundaries and agreements (rules) are established with the children. Risk Assessments are carried out before Forest School sessions and children wash their hands when re-entering the school building. All first aid is administered by our school first aiders and all first aid incidents will be communicated to you according to our school policy.

### Forest School Sessions

Forest School provides a child centred approach to learning and an opportunity for children to develop their love and understanding of the natural world. At LCPS pupil in KS1 will have access to Forest School for at least two half terms this year, taught by Miss Lynch (Level 3 Forest School Practitioner). TAs and volunteers will also support these sessions.

Forest School sessions will run all year round and in all weathers, (except in extreme circumstances) and include focused, planned activities that children are encouraged to participate in with the support of an adult, as well as child-initiated activities using natural resources to stimulate imagination, creativity and investigation.

Sessions typically begin and end with a whole group focus in the circle of logs, and children are encouraged to question, reflect and communicate their ideas and feelings during this time. Activities may include den and shelter building, whittling using potato peelers, fires, exploring flora and fauna, natural collections, sawing wood to make badges, creating mud characters and pictures using natural paints as well as songs, stories and team games!

### Clothing

To ensure children gain the best experience from Forest School sessions, appropriate clothing must be worn. This includes:

- welly boots/outdoor shoes
- outdoor/waterproof clothing
- warm clothing - layers are particularly good
- hats - for both sunny and cold weather
- long sleeved tops and trousers.



Please be assured that all adults supporting with Forest School sessions are fully aware of all Risk Assessments and session activities.

If you would like to know more about Forest School, please do not hesitate to get in touch! Thank you, Miss Lynch ☺