



Forest School Guide for Parents and Carers

Fox Class: Summer 1 Wednesday afternoons



What is 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.



How do we stay safe?

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.

What will our sessions involve?

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). Teaching assistants 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 this half term will include constructing dens, exploring British animals and their habitats, using tools and observing seasonal change. As always, we will play games in the forest and have fun with our friends too!

What does my child need to wear?

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
- layers of clothing are particularly good
- sun hats as needed
- long sleeved tops and trousers.



Children wear their PE kit to school as usual and will have the time to add additional layers and waterproof clothing to this before we head down to the forest. Forest School clothes and welly boots can be brought into school on a Wednesday in a named bag.

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