

### How children are kept safe?

There is always a Forest School leader who is trained in outdoor first aid and in line with the schools accident and emergency procedures children are shown the boundaries of the outdoor learning space and are given detailed training on all activities.

### Cancellation

Forest School will only be cancelled in extreme weather if the site is deemed unsafe.

### Behaviour

Behaviour will be dealt with in line with the schools Behaviour Management Policy. However, we reserve the right to exclude a child from attending if their behaviour is dangerous to themselves or others

### How can you help?

You will need to sign a consent form to allow your child to attend.

Try to send them with clothing appropriate to the weather.

## What to wear at Forest School

### Clothing

Waterproof coats and trousers for all weather



Waterproof  
Shoes or wellies



Hat sunny or cold weather

Jumper



Sun cream for hot weather

Warm socks



Gloves and Scarf

The school has invested in waterproof jackets and trousers to keep the children dry, however it would be great if you could send your child in with a warm jumper and wellies or boots as well as gloves and a hat during the winter weather.



# Forest School Parent Guide



# What is Forest School?

Forest Schooling is a method of working outdoors with children, young people and adults focusing on their needs and using the natural environment to promote social and emotional progress.

## Why is Forest School such a great opportunity for your children?

1. It is proven from research that learning that takes place in the outdoors is much more powerful and memorable as all the senses are involved.
2. Forest Schools develop children through a child led approach.
3. Children are taught how to assess risks for themselves.
4. Children are able to develop their speech, language, social skills and empathy.
5. They learn to respect and appreciate the countryside.

## Aspects of learning covered through Forest School

**Personal-** Increase independence, self-confidence, autonomy and ownership in their environment, collaboration and positive behaviour

**Communication and language** - create a naturally enabling environment, fostering communication.

**Problem solving** - enhanced problem solving reasoning and numeracy skills through the exciting, challenging and ever-changing environment.

**Knowledge of the world** - significantly increase the children's environmental awareness and understanding of the world

**Physical** - Improve children's strength, self-challenge and ways of moving

**Creative-** Inspire the transference of skills, knowledge and experience back in the classroom and at home

# What we do at Forest School

## Getting there

The children will be on Wilderness Garden on the Belmont Primary School site. You will be informed of the day your child will be attending Forest School.

## What will they do there?

Children will gradually build up to different activities as trust is gained. These may include:

- Shelter building
- Mud faces
- Collecting fire wood
- Nature walks
- Uses of natural resources
- Using basic tools under supervision
- Learning about the environment
- Using a talking stick for listening and talking to each other
- Natural artwork

## About each session

Children will be in the 'Forest area' for about an hour and a half each time. The session usually starts with an opening discussion outside. Then the activities available are explained and any safety training given to them. Children then choose what they would like to do and the session closes with a reflection together outside and are able to work together in pairs, small groups or individually.

# The benefits of Forest School

## • Increased confidence and self esteem



## • Healthy Lifestyles



## • An inclusive environment

## • Developing risk awareness

