

What is forest school?

Forest School is a long term outdoor programme of activities delivered by trained practitioners within a natural environment whatever the weather!

It encourages children to become independent, use their imagination, take appropriate risks within boundaries and initiate learning for themselves. It allows them the time and space to develop skills, confidence, interests and understanding through practical, hands-on experiences.



What benefits are there to my child doing forest school?

Forest School supports the holistic development of the child:

- Health and fitness - Being active in an outdoor, natural environment.
- Increased emotional wellbeing - just being among trees!
- Social development - Communicating, sharing, negotiating and Problem-solving .
- Increased confidence.
- Skills development - Developing fine and gross motor skills and coordination for real purposes.
- Gaining knowledge and understanding - Multi-sensory, real-life learning, learning to care for our green spaces and wildlife.
- Individualised learning - Careful observation allows adults to tailor support to children's own interests and stage of development.
- Curriculum Links - Forest School supports many areas of the Early Years Foundation Stage Curriculum, National Curriculum and the 'Every Child Matters' agenda.

Health and safety.

The health and safety of all participants is central to everything undertaken within a Forest School Programme. Forest School leaders are fully trained in risk assessment and emergency first aid. The Forest School operates under the school's Health and Safety policy and policies and procedures regarding safeguarding and confidentiality. Alongside this the following are completed:

- Activity risk assessments
- Session risk assessments
- First aid trained adult and first aid equipment
- Informed adult helpers

Children will be encouraged and supported in recognising and managing risk for themselves, through real life situations and experiences.