



Forest School

Guide for Parents



This leaflet is a guide to the Forest School ethos, what you can expect your child to be learning and doing during their time at Forest School and what they need to bring.

What is Forest School?

Forest School is somewhere that learners can feel free to play and learn in whatever way they choose within the environment. Children have freedom to direct their own learning and are encouraged to be creative in their play, making decisions about what to participate in and for how long. It is anticipated that this will allow them to experience a deeper sense of themselves and a meaningful connection with the Forest School community and the natural environment.

Forest School is a long term process of regular sessions which are planned and adapted in response to the needs of the learners, their interests and the environment.

A community spirit is nurtured by encouraging learners to contribute and care for the setting as well as for themselves and for each other. So they could make natural items to decorate the Forest School site, plant flowers or trees and learn about the benefits to the environment, make a bug hotel or bird feeders to encourage wildlife. They take part in small group activities as well as whole group discussions, shared stories and music. They learn rules and boundaries to follow to make sure that everyone and everything is looked after.

“This learner-centred approach interweaves with the ever-changing moods and marvels, potential and challenges of the natural world through the seasons to fill every Forest School session and programme with discovery and difference.” The Forest School Association.



What will we be doing?

Whilst at Forest School the children will be participating in a range of structured activities as well as unstructured play. We have a high adult:child ratio at Forest School so children can be closely supervised. Each session will have a plan, however learning will be guided by what the children want to do and take part in.

The types of activities they will take part in are:

- Natural arts and crafts
- Shelter building
- Playing in the mud kitchen
- Food preparation
- Closely supervised campfire cooking
- Story telling
- Singing
- Climbing and playing on the wobble walk
- Nature scavenger hunts
- Learning about plants and wildlife
- Planting
- Nature and safety games

Learning is very much about the process rather than the product and your child may not choose to take part in a craft activity during a session so will not always come home with a creation.



Forest School Kit

It is important that your child comes dressed appropriately for the Forest School session and comes prepared for unexpected weather.

Please ensure all items are named.

Things they must have:

- Wellies or waterproof walking shoes.
- Warm socks or 2 pairs of socks (in colder months)
- Warm under-layers for the colder months.
- A long sleeved top throughout the year. This will prevent ticks, bites and stings and keep skin protected from sunburn.
- Waterproof coat and trousers.
- Warm hat and gloves
- Sunhat
- Water bottle that they can open themselves.
- A packed lunch. Please provide items that your child can open themselves where possible and include a spoon if necessary.

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