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NATURAL PLACES ARE SINGULARLY ENGAGING, STIMULATING, LIFE-ENHANCING ENVIRONMENTS WHERE CHILDREN CAN REACH NEW DEPTHS OF UNDERSTANDING ABOUT THEMSELVES, THEIR ABILITIES AND THEIR RELATIONSHIP WITH THE WORLD AROUND THEM.

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# A PARENT'S GUIDE TO FOREST SCHOOL

## WHAT IS FOREST SCHOOL?

Forest School is an exciting opportunity for your child to experience nature and learn outdoors. At Forest School your child will learn from first hand experiences and develop skills like: perseverance, resilience, responsibility, independence, inquisitiveness and social skills. Your child will also be able to practice and use their literacy, speaking and listening and numeracy skills.

Every Forest School program is designed specifically to meet the needs of the group. It will therefore provide your child with an individually tailored program to help them develop and enhance their school curriculum.



## WHO RUNS FOREST SCHOOL?

Two members of staff from Forever Green Forest School, run Forest School sessions supported by the school staff.

## WHEN AND WHERE WILL SESSIONS TAKE PLACE?

Sessions begin on Friday 28th February and will take place every Friday on the grounds of Alec Reed Academy.



## WHAT WILL YOUR CHILD DO?

Delivered as part of an ongoing program, your child will experience lots of different games and activities, which will support your child in their learning and development. We will cook over an open fire, use tools, make dens, leave trails, go on scavenger hunts, and make environmental art.

## WHAT IS A FOREST SCHOOL SESSION LIKE?

A Forest School session lasts around 2 hours. During this time your child will usually have time to play some games, sit together around the fire circle and discuss what they are going to do. Then they will be introduced to the experiences for that week. The Forest School leaders will give the required safety talks and your child will choose their activity. The session will end with another group discussion about what they have enjoyed and what they would like to do in their next session.

## WHAT SHOULD MY CHILD WEAR?

In cold weather, it is important that children wear the following:

A pair of waterproof trousers.

A long sleeved t-shirt or a warm jumper.

Spare socks.

A warm, waterproof coat.

Wellington boots or strong sturdy boots. They will need to bring this to every session.

In warm, dry weather, children must wear:

A light top with long sleeves.

Comfortable trousers or joggers.

Wellington boots, sturdy boots or trainers that can get muddy.

Sun hats and sun cream.

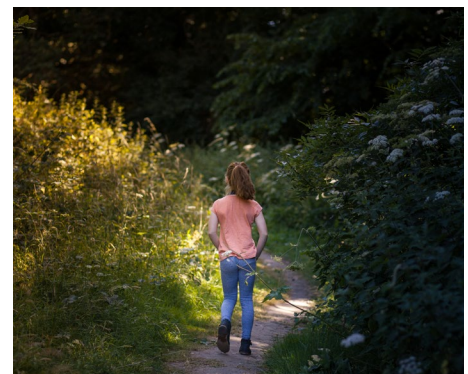
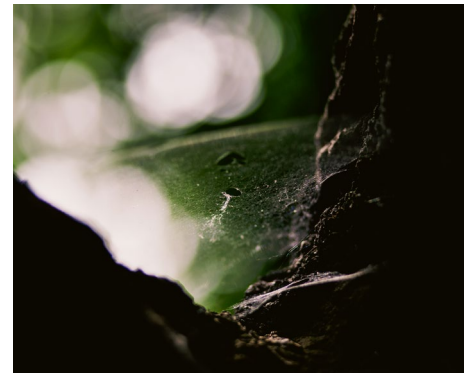
## HOW DO WE KEEP THE CHILDREN SAFE?

The safety of everyone at Forest School is our highest priority. To ensure this, our Forest School leaders are fully qualified, fully insured and first aid trained.

The site will be carefully assessed before each session and the children will receive detailed guidance on all tool use. Part of the Forest School ethos is to teach your child about risks and how to evaluate them. Your child will be given the experience of building and lighting fires, outdoor cooking and using tools. These activities will be introduced only when your child is ready for them and adult supervision will always be present. By allowing children to take these measured risks, we help to prepare them for making choices when they are older and teach them to be actively responsible for themselves, their choices and their actions.

## WHAT IF IT'S RAINING?

There is no such thing as bad weather, only bad clothes. Forest School will be able to go ahead in almost all weathers so the children will need to ensure that they have clothes that will keep them warm and dry. During exceptionally bad weather, such as high winds or thunderstorms, the Forest School leaders will run an indoor session in school.



## FOR FURTHER INFORMATION VISIT:

[www.forevergreenforestschooll.com](http://www.forevergreenforestschooll.com)

[www.forestschoollassociation.org](http://www.forestschoollassociation.org)