

What should my child wear?

We will be outside for our sessions in all weathers so please make sure that your child is dressed for the weather!

- ⇒ Warm **waterproof** coat
- ⇒ **Waterproof** over trousers-essential
- ⇒ Woolly hat
- ⇒ Vest, t-shirt, jumper
- ⇒ Thick socks or 2 pairs of socks
- ⇒ Comfy trousers
- ⇒ Wellies/sturdy walking boots
- ⇒ Sun cream, sun hat
- ⇒ Bug repellent
- ⇒ Waterbottle

Long sleeves and long trousers are needed in all weathers because of branches, brambles and stinging nettles and ticks.

Several layers that can be adjusted are better than one.

Please label all items with their name and bring to school in a rucksack.

We often get wet and muddy in our Forest School sessions so make sure your child is wearing clothes that you don't mind them getting dirty!



What the children say.....

I love Forest School because I like being out in the wilderness- everyone should go!

I think it is fun and interesting. You learn how to use different materials.

I like building shelters and using natural materials. It is amazing and awesome!

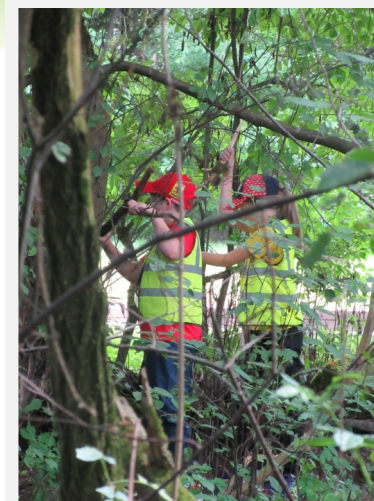
You learn about the real wilderness and how to improve it.

For more information please go to:

www.forestschoollassociation.co.uk



St David's
Primary School Germany



► Forest School

What is Forest School?

Forest School is an inspirational process, that offers all learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland environment.

Research has repeatedly shown that Forest School has a significant impact on children's development. It promotes rich communication and language opportunities and builds self esteem, confidence and team working skills. Forest School also dovetails with our Values and our vision of promoting lifelong learning. Fundamentally it also generates a love, respect and appreciation of the natural world around us.



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What does Forest School look like?

Activities are carefully planned with the emphasis on the children being independent and taking responsibility for their learning.

Forest School is an integral part of our curriculum, and gives the children the opportunity to learn, explore and investigate through first hand practical experiences.

Activities will include:

English: composing and retelling stories; non fiction report and recount writing.

Maths: real life application of logic, problem solving and reasoning ; exploration of concepts eg space, shape and measures through den building, cutting firewood and fire building, rope swings etc.

Science: flora and fauna ID; seasonal changes; habitats; living things, food chains and life cycles.

Geography: knowledge about diverse places, people, resources and natural and human environments, understanding of the Earth's key physical and human processes.

Art/DT: creating objects using natural materials such as dream catchers or whistles, leaf printing, mud painting, cooking.



Where does Forest School take place?

We use the scout camp by Webereistrasse. This is an ideal site – we are very lucky! Here we have access to running water, a toilet and ready made campfire areas. The site has been carefully planned and is well laid out and stocked with a variety of trees.

The children walk there and back supervised at all times by at least two adults.

How long do sessions last?

A session typically lasts at least one hour.

What happens in a session?

The session starts with an introduction into the activities planned. This includes a health and safety briefing. The children then set off individually or in groups to explore and investigate, completing challenges set. Staff circulate between all groups supporting the learning and team work. Everyone then comes together to reflect and celebrate.

How do we keep children safe?

In Forest School children are able to take calculated risks in a controlled environment. They learn cause and effect and what may or could happen. They are given the opportunity and responsibility, under supervision, to use a range of tools and create a fire to keep them warm and cook food.

All Forest School sessions are planned and led by a Level 3 qualified leader with an outdoor paediatric First Aid qualification. Assistants will have a Level 2 Forest School qualification.

All activities are risk assessed. In addition dynamic risk assessments continually take place throughout each session.

There are strict rules and procedures when we have a camp fire and an adult is always present whilst the fire is lit. Fire gloves are available and the children are taught how to cook food safely and at a distance.

