



# Forest School Information

## for Parents



## What is Forest School?

The Forest School ethos is based on learning in a natural, outdoors environment to promote confidence and self-esteem and that learning is best achieved through a combination of hands on experiences and expert modelling. In Forest School we focus on the process of learning rather than how much the children have learnt in a subject. This includes giving children the opportunity or the freedom to make their own choices in the experiences during the session and providing them with managed risks to promote their self-confidence and resilience. Forest Schools are child-centred approach, where the children are 'learning to learn'.

At Shirland Primary School we provide the children taking part in Forest School with an opportunity to regularly visit a natural outdoor environment where they can experience some of the perceived risks needed to build resilience such as playing with sticks, mud and tools, in a way that is carefully managed, but not restricted.

## Aims of Forest School

We aim to:

- Develop children's ability to think for themselves and to take responsibility for their own learning.
- Give children and opportunity to experience perceived risks in a managed way to promote resilience and self-confidence.
- Encourage and promote children's social, emotional and physical development.
- Give children the opportunities to have hands on experiences in a natural outdoor environment.
- Increase children's awareness of natural woodland and our potential impact on the environment.

### What do we do?

- Play games and have fun
- Mini-beast hunts and habitat making
- Tree, plant, insect and bird identification
- Craft making using natural ingredients found outside
- Den building
- Using tools under supervision

### What does your child need?

- Waterproof clothing (jacket and trousers).
- Spare shoes or boots, preferably waterproof.
- Spare socks.
- Extra warm clothing for the cold weather.
- Hat and gloves in cold weather.
- A sunhat and sun cream for the hot weather.
- A bag to keep clothing and boots in (carriers will be fine).

If you have any problem sourcing these items, please contact Mrs Rosochacki.

### General Information

- Mrs Rosochacki, our Forest School leader, holds a level 3 Forest School Practitioner qualification.
- Forest School leaders are DBS checked and first aid trained.
- Our Forest School site is on the school grounds located to the side and behind the MUGA (the outside sports area).
- Forest School takes place one afternoon a week from 1pm until 3pm.
- The children will be able to use the school toilet facilities when needed.

## More about safety

First Aid - The Forest School leader, Mrs Rosochacki, has completed both the Outdoor First Aid and the First Aid at Work courses. A first aid kit is taken to the Forest School area.

Tool Use - Mrs Rosochacki has been trained on the safe use of tools in Forest School and will share the safety needs to the children. Any protective equipment needed to use the tools will be provided by the school. Tools will be used 1:1 with an adult.

Fire Safety - Occasionally we will light a campfire in our Forest School session. Mrs Rosochacki has been trained on the safe use of fires in Forest School. The children will be taught the rules for fires at Forest School to keep everyone safe. A fire blanket and a bucket of water will be present to quickly put out a fire if needed.

Please contact Mrs Rosochacki if you require further information.