

How do we keep the children safe?

The Forest School leader is fully qualified and has full outside first aid training. The site has been carefully assessed and the children will be given detailed training for all of the activities. There is a higher number of adults to children than in a classroom. Part of Forest School is teaching children about risks and how to evaluate them. The children will be taught how to add logs to a fire, cook and make drinks using a fire, climb trees and use tools. These activities will be introduced as the children in the group are ready for them and will be **carefully supervised** by an adult. 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 actions.

What if it is raining?

As Forest School happens in all weathers it is unlikely that it will be cancelled unless there are high winds or storms, or it is very icy.



What do I need to bring on the day my child is going to Forest School?

- Wellies, although you may wish to provide warmer boots for the winter months.
- A warm, waterproof coat is essential
- Old clothes - some of the activities are likely to involve mud, water and generally getting dirty!
- All children must have waterproof trousers. If your child does not have them please let us know.
- It is best for the children to wear layers as they will quickly learn to add or take off layers with changes in temperature! E.g. a vest on colder days, long sleeved top and full length trousers – this is for both warmer and colder weather, gloves (not mittens) and hats (for summer and winter), and sun cream (in the warmer months).



Forest School At Rush Common Primary School



Please speak to Mrs
McLardie if you have any
further questions.

“An inspirational process that offers children, young people and adults regular opportunities to achieve, develop confidence and self-esteem through hands - on learning experiences in a local woodland environment”

What is the history of Forest School?

Forest School is a concept originally developed in Denmark where it was found that children attending Forest Schools had strong social skills, the ability to work in groups effectively, and generally had high esteem and confidence in their own capabilities. In 2001 the concept was started in the UK and from then it has developed and is now an approach used by schools and pre-schools all over the country.

What is the ethos of Forest School?

Forest School takes a very holistic approach and supports child led play with a high adult ratio, giving children the opportunity to discover woodlands around them. Forest School will develop:

- Self esteem and confidence
- Motivation and a positive attitude towards learning.
- Communication and social skills
- Physical skills– fine motor skills as well as gross motor skills
- An understanding of the wider world
- Creativity and imagination
- Team skills
- The ability to identify and manage risk
- Healthier lifestyles



Where will we go for Forest School?

We will be holding our Forest School sessions within the school grounds. There is a fenced space behind the sensory garden and adventure playground. Within the area there are many different plants, wildlife and trees as well as a pond (currently being developed with the children’s help). There is also a small log bench seating area and a fire pit.

What will Forest school look like?

Forest school sessions are around 2 hours long. The children get dressed in their water-proofs and head down to the site. Firstly, they will discuss the risks and what they need to do to stay safe. There will be time to play and explore the natural environment and explore their own ideas and interests. They may choose to build dens, go on bug hunts, and work with an adult to learn to use tools or make fantastic things with twigs, sticks and leaves. As the children develop their understanding of Forest School and how to manage the risks associated, we will introduce them to building a fire and they will also share a drink together - (often hot chocolate). To finish the session the children will have time to reflect on their play and discuss what they would like to do and explore next session.