

## Who runs Forest School?

Forest School will be led by Mr Fidler (Mr F) a level 3 Forest School leader, experienced Primary teacher and qualified first-aider. The sessions will take place every Friday on the school grounds in an area which we will be developing especially for Forest School.

## What does my child need to bring?

Your child should come to school in their normal uniform but bring the following with them -

- sturdy footwear/wellies
- trousers/top warm enough for the weather (we may get messy, so not your Sunday best)
- a coat
- waterproofs if necessary, spare socks
- hat/scarf/gloves if necessary

Please note that we will run Forest School sessions in all weathers except extreme conditions where safety could be an issue. So come prepared!

# Forest School at Beeston



Information Booklet

## What is Forest School?

Forest School was developed from the Scandinavian education system and is about children and young people building self-esteem and independence through exploring and experiencing the natural world. It is a long term program delivered by trained practitioners within a natural environment (not necessarily a forest). The ethos of Forest Schools allows learners the time and space to develop skills, interests and understanding through practical, hands-on experiences. Activities are child initiated and led, they could be anything from building a rope swing to making art from natural materials. Children are encouraged to use tools, make their own choices and to take controlled risks.

## Why have Forest Schools?

An increasing body of research evidence shows that Forest Schools has a measurable impact on children which also has a positive effect in the classroom. Forest Schools sessions help children develop emotionally, socially, physically and academically (and they are fun too!).

## Skills that can be developed include

- communication skills
- responsibility
- decision making
- negotiation
- confidence
- fine and gross motor skills
- observation skills
- imagination
- resourcefulness
- resilience
- persistence
- cooperative play
- problem solving
- imagination
- leadership
- respect for the natural environment
- social skills
- concentration
- risk management