



Forest School at Kentmere

Leaflet for parents

What is forest school?

Forest school is a Scandinavian approach to using the outdoors. It was first brought into the UK in the 1990s. It is essential outdoor, nature-based learning that focuses on the holistic development of the child. Children learn best from first hand experiences. Exploring, playing and learning, using a range of activities is what forest school is about. A woodland is a playground as well as a classroom and sessions help children to explore and feel nature, while noticing changes in seasons, weather and growth. They can explore and learn about living things as well as understanding the importance of respecting nature. Forest school is not all about the product, it's about the process that it takes to get to the end product.

"The best classroom and the richest classroom is roofed only by the sky" Margaret McMillan

WHY? The Aims of Forest School



To promote holistic development, fostering resilience, confidence, independence, self-esteem and creative learners



To allow children to take supported risks appropriate to the environment



To build on children's interests and learning



For children to appreciate, learn about, and care for the natural environment



To develop children's physical, social and communication skills.



To develop independent thinking and problem solving skills.

Where does it take place?

We are very lucky here at Kentmere to have our own forest area at the bottom of our school field, which has many trees, flowers, a fire circle, a mud kitchen area and wooden tables etc.

What will my child be doing?

During the first few sessions, the children are familiarised with the forest area, learning the rules and boundaries, learning about plants that can scratch and harm them. Our rule is '**NO PICK, NO LICK; BE CAREFUL HOW YOU CARRY A STICK.**'

We introduce tools and equipment appropriate to their age, and children learn how to use them safely. Tools such as, peelers, hand drills, hacksaws, hammers and bill hooks are all made available with adult supervision at all times. **These tools are only introduced when we feel children are able to listen and follow instructions carefully.**

We introduce a new skill and build on skills already taught.

Activities could include:-



Building dens and shelters



Learning about fire safety, toasting marshmallows on a fire



Creating in the mud kitchen



Playing team games



Story telling



Creative activities using natural resources



What will my child need?

“There’s no such thing as bad weather, only suitable clothing” Alfred Wainwright.

Sessions always take place, apart from extreme weathers such as, wind and heavy rain. Sessions can be cold and some can be hot. At Kentmere we provide waterproof coats and trousers.

The welfare and safety of our children is our main priority and you can help by providing:

IN COLD WEATHER



Wellies



A warm coat with hood



Hat, gloves and scarf

ALL WITH YOUR CHILD’S NAME ON

IN WARM WEATHER



Sunhat



apply sun cream at home

When does my child do forest school?

Nursery - Every Thursday

Reception - Wednesday afternoons

Year 1/2- dates to be confirmed and a text will be sent to parents.

Any Questions please speak to Mrs Blackburn (Level 3 forest school lead)