DURAND PRIMARY SCHOOL

A guide to

Forest School

The Best Kind of Classroom

This is the best kind of classroom:
No walls, just sky and trees
This is the best kind of classroom:
No radiators, just a gentle breeze.

You can learn well here,
As the birds sing,
About your place
In the scheme of things.

You can make up poems
About woodland flowers
Why, it's almost as interesting
As the Literacy Hour!

This is the best kind of classroom
It's a journey through time and space
From the smallest seed to the largest tree
This is a forest and a learning place;

This is the best kind of classroom
Where the seasons don't happen in books
Where the learning is watching and thinking and talking
And everyone notices, everyone looks.

by Ian MacMillan

What do children need to wear?

Forest School sessions take place throughout the year except for when there are high winds or storms, therefore it is essential that your child wears the appropriate clothing.

It is recommended that your child wears or brings with them on their Forest School day

- 3 layers on their top
- Long trousers
- Sturdy appropriate footwear i.e. wellies or boots.
- Waterproofs (supplied by school)
- WINTER...hats, gloves, scarves
- SUMMER...sunhat, sun cream.

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"Let nature be your teacher"

What is Forest School?

Forest School is an inspirational approach which helps develop confidence, self-esteem, emotional and social skills, whilst developing a connection and respect for the natural environment. Activities are carefully planned by our qualified Forest School Leader in conjunction with the curriculum and thoroughly risk assessed.

What do children do at Forest School?

We have been successfully running Forest School sessions for many years. Children from all year groups take part in the sessions. The high adult / child ratios ensure that the forest school programme is tailored to each individual child's preferred learning style.

Forest School is an innovative and inspiring approach to learning and development, which offers children the opportunity to achieve and develop confidence and self-esteem through hands-on learning.

The benefits of Forest School

Ongoing research and evaluation from a variety of sources are showing positive benefits including improving behaviour and motivation to learn; increasing physical activity and improving mental health and well-being.
www.forestresearch.gov.uk

Research by Murray and O'Brien, 2007 has shown that children who participate in Forest School frequently show improved physical and motor skills,
Improved language and communication skills, improved social skills including team working, improved knowledge and understanding of the environment, increased self confidence and self

Your child's natural inquisitiveness and enthusiasm will lead them into many areas of learning. We then work with the children to help to deepen this understanding. The activities are small and child led ensuring success. This allows them to learn from their current level of understanding and develop their personal creativity.

Adults are there to support learning and ensure safety allowing the children to explore the many stimuli provided by the resources of the natural environment.

Our Forest School site and the local surroundings provide a learning environment that helps to consolidate and extend all curriculum topics covered in the classroom.

Children take part in a huge variety of activities, including basic forest skills such as:

- ❇ Lighting a fire
- ❇ Using tools
- ❇ Cooking a meal
- ❇ Shelter building
- ❇ Mapping
- ❇ Plant and animal identification

Through play, the children learn about the natural environment, how to handle risks and most importantly to use their own initiative to solve problems and co-operate with others.
Children use tools, play, learn boundaries of behaviour, both physical and social, and grow in confidence, self esteem and motivation. They then return to the classroom as more independent learners.