

Why go to Forest School?

Forest School is linked to the curriculum: it supports many areas of the Early Years Foundation Stage Framework and the National Curriculum.

Observations by Forest Leaders allow them to tailor support to the children's stage of development.

What to wear in Forest School:

To allow the pupils to participate fully the correct clothing is essential for Forest School. All participants need to bring:

- Wellingtons/sturdy walking boots
- Long trousers/ long sleeved top
- Jumper/Sweatshirt
- Waterproof coat and trousers
- Hat, gloves and thick socks in Autumn/ Winter months
- Sun hat and sun cream in Summer

These need to be old clothes as we do not intend to stay clean!



SUNDON LOWER SCHOOL



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Learning for Life

A Parents Guide to Forest School



Welcome to Forest School

Forest School is an exciting educational experience for children, held in a woodland setting, offering an innovative approach to outdoor play and learning.

The concept originated in Sweden in the 1950s and was developed throughout other Scandinavian countries.

Our philosophy of Forest school is to encourage and inspire children through an educational approach to outdoor play and learning, inspired by their own interests. Children have a variety of first hand experiences whilst in Forest School, to support learning and development across the curriculum.

Children will use tools and play, to learn about the boundaries of behavior, both physical and social. This enables them to grow in confidence and self-esteem, and to become self motivated.



A World of New Adventures

The fun starts with the preparation for the visit, as the children put on their outdoor clothes, sing songs and share stories en-route to the forest.

Once at Forest School, the children can choose from a range of activities to choose

Activities Include



- Tree climbing
- Natural crafts
- Den Building
- Hunting for mini-beasts
- Using or making tools
- Fire Building
- Cooking on a camp fire

Health and Safety

Health and safety is of central importance to everything that is done within a Forest School session.

Every Forest School has:

- A comprehensive Health and Safety policy
- Seasonal and daily risk assessments of the site
- Risk assessment for all activities
- Trained adult helpers
- First aid and emergency equipment

Forest Leader



Mrs Blythe is a fully qualified level 3 Forest school leader. She is fully qualified in paediatric and activity First Aid.