

WHAT WILL MY CHILD NEED FOR FOREST SCHOOL?

To ensure the success of our day in the wood, your child needs to be as comfortable as possible.

Your child will need:

- ◆ *Wellington boots*
- ◆ *Suitable clothing for outdoor play and learning in all weather conditions*
- ◆ *A waterproof coat*
- ◆ *Hat and sun cream in Summer months*



HOW DO WE MANAGE RISK AT FOREST SCHOOL

Risk management is a valuable life skill to learn. At Forest School we encourage the children to take risks in a safe and controlled way with support and guidance from Forest School Leaders.

Children will learn fire lighting and fire management, how to use tools safely and appropriately. They will be encouraged and supported to climb, swing and balance in our Forest classroom.

We ensure that all activities are made as safe as possible for the children and encourage them to manage some hazards while learning new skills



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St John's Green Forest School



Information for Parents



What is Forest School?

Forest school has been defined as “an inspirational process that offers children, young people and adults regular opportunities to achieve and develop confidence through hands-on learning in a woodland environment.”

At Forest school we explore the natural environment to evoke curiosity and imagination and use available, natural, resources to create and play. We encourage children to take responsibility for our surrounding environment and the plants and animals who call the woodland their home.

We offer children opportunities to learn fun, valuable life skills which builds confident, independent, learners.

WHAT DO WE DO AT FOREST SCHOOL?

At Forest School children have the opportunity to lead their own learning and delve into activities of their choosing with the guidance and support of Forest School Leaders.

Children will have opportunities to:

- ◆ Build dens
- ◆ Climb, swing and balance on ropes and trees
- ◆ Sing songs and tell stories
- ◆ Create woodland crafts and wild art
- ◆ Identify plants and animals in the local environment
- ◆ Use tools such as secateurs, loppers, saws and knives
- ◆ Build and maintain fires
- ◆ Learn about conservation and sustainability
- ◆ Develop life long skills in risk management, team work and communication
- ◆ And much more...



WHAT ARE THE BENEFITS OF FOREST SCHOOL?

Much research has been provided on the benefits of children and young people participating in Forest School activities. Forest School:

- ◆ *Increases self-confidence and self-esteem*
- ◆ *Develops communication and language skills*
- ◆ *Fosters independence*
- ◆ *Encourages cooperation and team work*
- ◆ *Develops new skills and enhances fine and gross motor skills*
- ◆ *Builds resilience and perseverance*
- ◆ *Promotes wellbeing!*
- ◆ *Is fun!*

