

What should my child wear to Forest School?

It is important that children wear the correct clothing to protect themselves and to keep safe in the woods. Forest School clothes should be worn to school on the day your child has Forest School. (KS1 please bring wellie boots to school in a named bag). Children will have the opportunity to 'layer up' before heading outside. The children will be getting muddy so please make sure clothes worn are old and you may wish to send a change of shoes for your child to change into. It is strongly advisable to wear waterproofs every session even if rain is not forecast.

Autumn/Winter	Spring/ Summer
Long, warm trousers or thermals under their trousers	Light weight trousers or leggings (NO shorts/skirts)
Layers – vest/T shirt under a long sleeved top and a jumper	Long sleeved t shirt/ top
An old water proof coat	Wellies and socks
Water proof trousers/ All-in-One	Sun hat
Wellies with thick socks (ideally 2 pairs)	Sun cream
Hat and gloves	

What if it's raining?

"There is no such thing as bad weather, only bad choice of clothing."

Forest School will run come rain or shine; the only time it would be cancelled would be in the case of extreme weather conditions such as high winds or thunder storms.

How can I help?

Please encourage your child to take responsibility for their clothing and remember to wear it to school on their day. A list of your child's days can be found on Google classroom.



FOREST SCHOOL AT WOODSTOCK CE PRIMARY SCHOOL



'Let nature be your teacher.'

William Wordsworth

What is Forest School?

Forest School is an inspirational initiative that offers children regular opportunities to achieve, discover and develop through hands on learning experiences in the natural environment.

Originating from Scandinavia and brought to the UK in early 1990s, Forest School has become a valuable element of children's learning and development. Children are encouraged to find things out for themselves through play by exploring and experiencing the natural world.

At Forest School we:

- Learn respect for our natural environment
- Develop and foster curiosity and interest in the natural world
- Learn skills which enable us to explore in a safe way
- Respect each other – we are all different, we learn in different ways, we like different things
- Respect boundaries, they are there to help keep us safe
- Delight in the simple things (sights, smells, sounds, discoveries)



Who runs Forest School?

Ruth Mankelow is a trained Level 3 Forest School leader and an experienced EYFS/KS1 teacher. Lizzie Collett will be assisting the Forest School sessions.

Where and When does Forest School take place?

Our Forest School site is based in the Nature Trail in the school grounds. It is becoming established and designed to incorporate all elements of Forest School.

Forest school sessions will take place in groups of no more than 15 during Wednesdays and Thursdays.

What are the benefits of Forest School for my child?

🌿 **Physical** 🌿 **Emotional** 🌿 **Social** 🌿 **Moral** 🌿 **Creative** 🌿

- Children gain first - hand experience of the natural world
- Develop a sense of responsibility and care for the environment
- Encouraged to develop an imagination by exploring
- Supports children to apply their initiative and problem solving skills
- Facilitates team work, communication and co-operation
- Develop physical coordination, gross motor skills and balance
- Allow children to make decisions, evaluate risk and reflect upon choices made
- Children learn and cope with failure, building confidence to ask for help and acquire resilience
- Promotes the importance and understanding of the benefits of a balanced healthy lifestyle.
- Improves concentration, attention, perseverance and self esteem



What do the children do at Forest School?

The activities will vary depending on the group of children. Forest School is child-led, so the children will ultimately choose what to do. They include:

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| • Hunting for minibeasts | • Mud sculptures |
| • Shelter building | • Collecting and identifying |
| • Climbing trees | • Using tools |
| • Creating bug hotels | • Camp fires |
| • Stories and rhymes | • Rope swings |
| • Mud kitchen | • Natural artwork |



The children are free to explore the site for themselves. The Forest School Leader will make observations during this time and incorporate children's interests into future session plans.