

Who runs Forest School?

Forest School will be led by Mr Fidler (level 3 Forest School leader and Primary teacher). Mr Fidler is a qualified first-aider. The sessions will take place on the school grounds in an area which we will be developing especially for Forest School.

What does my child need to bring?

Your child should come to school in their normal uniform but bring the following with them -

- sturdy footwear
- trousers/long sleeved top warm enough for the weather (we may get messy, so not your Sunday best)
- a coat
- waterproofs if necessary
- hat/scarf/gloves if necessary

Please note that we will run Forest School sessions in all weathers except extreme conditions where safety could be an issue. So come prepared!

Forest School at Garvestone



Information for parents

What is Forest School?

Forest School was developed from the Scandinavian education system and is about children and young people building self-esteem and independence through exploring and experiencing the natural world. It is a long term program delivered by trained practitioners within a natural environment (not necessarily a forest). The ethos of Forest Schools allows learners the time and space to develop skills, interests and understanding through practical, hands-on experiences. Activities are child initiated and led, they could be anything from building a rope swing to making art from natural materials. Children are encouraged to use tools, make their own choices and to take controlled risks.

Why have Forest Schools?

An increasing body of research evidence shows that Forest Schools has a measurable impact on children which also has a positive effect in the classroom. Forest Schools sessions help children develop emotionally, socially, physically and academically (and they are fun too!).

Skills that can be developed include

- communication skills
- responsibility
- decision making
- negotiation
- confidence
- fine and gross motor skills
- observation skills
- imagination
- resourcefulness
- resilience
- persistence
- cooperative play
- problem solving
- imagination
- leadership
- respect for the natural environment
- social skills
- concentration
- risk management

