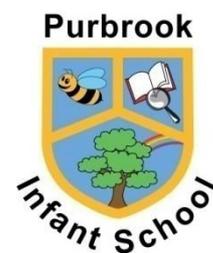
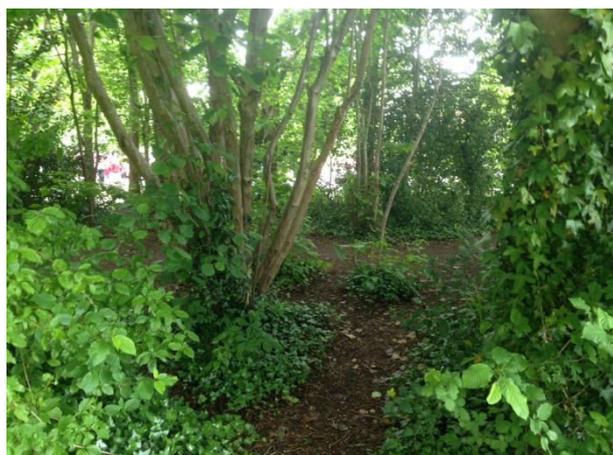


Purbrook Infant School



# Forest School Handbook



# Purbrook Infant School



## Introduction

Forest School is an inspirational educational experience that offers children the opportunity to develop confidence and self-esteem through a hands-on approach in a woodland environment.

Children are motivated by exciting and achievable activities throughout the year in almost all weathers. Children will develop an understanding of the natural world. They will use tools, learn to cooperate and work with their peers and adults and develop strategies in order to take risks within the boundaries of safety.

Through regular Forest School sessions, we aim for children to become more self-aware, resilient and empathetic towards others. Children will be encouraged to identify and manage emotions independently and take ownership of their learning, motivating them to have a go and learn from their mistakes.

## The principles of Forest School

The Forest School concept originated in Denmark and since its establishment it has been found to have boosted pupils' confidence and improved their behaviour and social skills. There are six key principles underpinning the Forest School ethos.

1. A Forest School should have access to the woods
2. Forest School sessions should be regular and run throughout the year
3. During Forest School sessions, child led activities should be encouraged
4. There should be some element of risk taking
5. Forest School sessions should adopt a holistic approach to learning
6. A Forest School should be led by a qualified person(s)

## Forest School Staff

Our Forest School is organised and run by Lucy Rolfe and Emma Owen who are both working towards their Level 3 Award for Forest School Practitioners. All other

support staff will be teachers, higher level teaching assistants and teaching assistants.

## Purbrook Infant School



### Forest School Site

Our Forest School is located in the coppice, just off the infant school playground. The site is within school grounds and is not accessible to the public but the perimeters need to be carefully monitored as the site seems to attract local youths who have, on occasion, visited it out of school hours. As a consequence, the site is carefully monitored for tripping hazards and dangerous items.

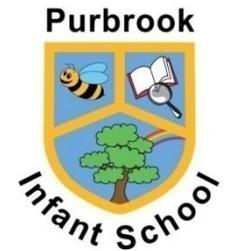
At the moment, the woodland is carefully managed but as our Forest School develops we hope to allow the site to grow a little wilder in order to develop a richer and deeper diversity. Children taking part in Forest School will also be encouraged to minimise their impact on the site.

### Forest School Activities

During Forest School sessions, children are encouraged to become independent learners, following their own lines of enquiry and exploring their own interests. The Forest School sessions will give children the opportunity to take part in practical activities which aim to build upon the children's abilities, interests and confidence. They will support the curriculum and will have a strong emphasis on raising children's self-esteem and independence. These activities can include;

- Woodwork using tools
- Shelter building
- Fire lighting and cooking on the fire
- Tree investigations
- Climbing and balancing
- Collecting, identifying and sorting materials
- Using knots and lashings
- Bug hunts/ creating habitats for bugs and birds
- Team games

# Purbrook Infant School



## Forest School Benefits

The aim of a Forest School is to develop the whole child, regardless of age or ability. Some children who find the traditional classroom setting challenging have shown a preference for the outside setting of a Forest School. Forest School encourages children to;

- Develop their practical , personal and social skills
- Improve their concentration skills
- Work through practical problems and challenges
- Make decisions and evaluate risk
- Reflect on their learning experiences
- Use tools to create and build
- Develop their; language and communication, concentration and fine/gross motor skills
- Experience achievement and success
- Work co-operatively with others
- Respect and understand the natural world