

## Forest School Lead?

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Forest School Lead

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## What is Forest School?

The concept of *Forest School* first originated in Scandinavia in the 1950's and was widely adopted in Denmark. Over the last 30 years' forest school has developed widely in the UK and allows children to develop a learner-led education through self-discovery within a natural outdoor environment. Forest School aims to promote a holistic approach to all involved and allows children to develop:

- ★ self confidence and self esteem
- ★ problem solving skills
- ★ an understanding of risk and self discovery
- ★ team building and working with others
- ★ leadership skills

## What are the principles of Forest School?

- *Forest School* is a long-term process of regular sessions, rather than one-off or infrequent visits.
- *Forest School* takes place in a woodland or natural environment to support the development of a lifelong relationship between the learner and the natural world.
- *Forest School* uses a range of learner-centred processes to create a community for being, development and learning.
- *Forest School* aims to promote the holistic development of all involved, fostering resilient, confident, independent and creative learners.
- *Forest School* offers learners the opportunity to take supported risks appropriate to the environment and to themselves.
- *Forest School* is run by our qualified Forest School practitioner, who continuously maintains and develops their professional practice.

## How often does my child do Forest School?



Children at Biggin Hill Primary School enjoy forest school sessions regularly throughout the year. Forest school is viewed as an important part of the curriculum and an important part of

a child's development during their time with us.

Your child's class teacher will communicate when these sessions are with you via your child's Google Classroom, via email or at pick up and collection time.

## What should my child wear to Forest School?

All children will need to wear a **Forest School Kit** to school on the day of their forest school session. Below is a list of kit needed.

- ★ Long sleeve top
- ★ Warm jumper
- ★ Long bottoms - tracksuit bottoms or legging
- ★ Spare socks
- ★ Coat
- ★ Wellingtons

*Waterproofs are required for the winter months.*

*Please ensure that the clothes you wear for forest school are clothes that you don't mind your child getting dirty or muddy.*



<https://www.bigginhillprimary.com>

**Forest School**  
The Great Outdoors!

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Biggin Hill Primary School



# Forest School

## The Great Outdoors!



## Our Forest School



At Biggin Hill Primary School we are lucky to have a dedicated and enclosed forest school woodland within our grounds. Children from pre-school to year 6 all enjoy engaging in our fun forest school sessions with frequent and regular sessions throughout the year.

Our forest school sessions and environment are fully inclusive and offer children opportunities to engage in hands-on experiences, develop self-esteem and confidence, whilst enjoying the natural environment and developing a love for the great outdoors. We take great pride in supporting every child's learning needs and enjoy giving them opportunities to explore!

Forest School is very much child led, although activities are introduced before each session using natural resources to encourage and enable children to use their own ideas. During sessions, children are encouraged to become independent learners and to develop their confidence through self exploration, problem solving and taking supported risks. During sessions, children are encouraged to reflect and feedback on their learning experiences. We aim to link sessions to the classroom curriculum as well as promote life skills.

### What is base camp?

In Forest School we have an area called 'Base Camp'.

Before each session the children sit down and listen to the forest school rules and are introduced to the activity for their session. Half way through these sessions, children are called back to base camp for a hot chocolate and biscuit. Each forest school session is finished at base camp with either a story or reflection on their learning and achievements in forest school.



## Our Activities

Children have opportunities to enjoy woodland activities and take supervised risks, such as:



- ★ Campfire building
- ★ Making dens and camps
- ★ Carving
- ★ Cooking on open fires - we have even made halloumi kebabs, melted marshmallows and enjoyed hot chocolate!
- ★ Scavenger hunts and looking for nature

Children also enjoy well planned activities, such as:

- ★ Leaf printing
- ★ Tree rubbings
- ★ Woodland magic wand making
- ★ Collage nature pictures
- ★ Making dreamcatchers
- ★ Bug hotels, wormery and hunting for mini beasts



We use our time in forest school to enjoy the local wildlife and can often be seen listening to birds singing and chirping as well as bug hunting and insect spotting! Of course, we must not forget the freedom to just be outside, reconnect with nature and splash in muddy puddles!

*"The addition of Forest School to our Wider Curriculum has been extremely beneficial for our pupils' development and a marvellous opportunity for them to approach their learning in a new and exciting way. Working outdoors, where they face different challenges every day, helps to develop their confidence, problem solving skills, emotional well-being and self-belief."*

*Miss O'Mahony*

*Assistant Headteacher, Curriculum, Diversity and Inclusion,  
Biggin Hill Primary School*

## All weathers



Our forest school sessions take place in all weathers - rain or shine. The only time Forest School does not take place is during high winds or thunder and lightning. If this is the case, forest school activities will be based indoors in our very own indoor Forest School room.

## Health and Safety

Within school, we have developed a Forest School room where children have a safety briefing prior to going to their session and a plenary at the end to consolidate their learning. This room is also used for children to get changed into their forest school kit, however, from time to time we may also use your child's classroom.

## Site Preparation

Before each forest school session there is a site inspection carried out to make sure it is safe for the children to use. Any litter or rubbish is removed and any brambles are cut back.

## Risk Assessments

This is also carried out to check for fallen branches, brambles or dead trees.

## Behavior for learning

We ensure a consistent flow for behaviour for learning between the classroom and Forest School - embedding the rules exactly the same as in the classroom using the behaviour track.