Play - Learn - Grow

Our Forest School

Safe - Outdoors - Fun

What is Forest School?

This is an inspirational process that offers all learners regular opportunities to achieve, develop confidence and self-esteem through hands-on learning experiences in our Forest School site or around the school in the great outdoors. It brings learning to life in the natural environment in a fun and safe way.

Forest School sessions take place once a week over a 6 week period where children develop a wide range of skills which promotes their holistic development and creates resilient, independent and creative learners. Practical activities spark their natural curiosity of the world around them through child-led play and safe risk taking.

Our Forest School sessions run throughout the year whatever the weather and can also support and enrich the National Curriculum, whilst promoting the school values of “Love, Trust, Respect and Inspire”.

How does Forest School help each child?

- ✓ They have fun, explore, make things and make choices in a safe environment
- ✓ Sessions are usually child-led so embraces all abilities
- ✓ Their skills and awareness develop which in turn is empowering
- ✓ Sessions help increase their self-esteem and confidence within the group
- ✓ Improves mental and spiritual health, communication skills and social relationships
- ✓ Encourages all to be active and develops both fine and gross motor skills
- ✓ The Forest School experience leads to life-long learning

We are SAFE

Safety is paramount during all sessions. All leaders have a Level 3 Forest School qualification, which covers essential safety training such as the use of a variety of tools, risk assessments and food hygiene.

At the start of every session we sit in a circle as a group and talk about how we can all be safe coming up with, or reminding ourselves, of our ‘agreements’. As a result, children learn to assess, appreciate and take risks, making sensible, informed decisions about how to tackle the activities and experiences they encounter.

They learn to be self-sufficient and take care of themselves, which boosts their confidence and self-esteem. Through trial and error they learn to deal with failure and develop the resilience to keep trying.

Some Forest School Activities

Clay Play
Using Tools
Artists Pallets
Scavenger Hunt
Forest Music
Fire Lighting
Tree Climbing
Nature Art
Stickman

Mr J's Café
Drink & Snack
Shelter Building
Teddy Bear Zip Wire
Crawling through the tunnel
Mr J's Science Field Lab
Playing in 'The Den'
Hide & Seek
Hammocks

Foraging
The Gruffalo
Minibeast Hunts
Campfire Cooking
Face Paints
Hobby Horse
Sensory Walks
Mud Club
Dragons!

What are the benefits?



Engaging

Improved Mental Health

Relevance

Healthy & Active

Risk Management

Skills

Building Confidence

Empowering

Reflection

Risk Awareness

Lifelong Learning

Learning by Stealth

Respect

Choices

Responsibility

Physical Fitness

Powerful Experiences

Independence

Relationships

Review

Empathy for Others

Empathy for Nature

FUNdamentals

In small groups or as a class

Inspirational Awe and Wonder

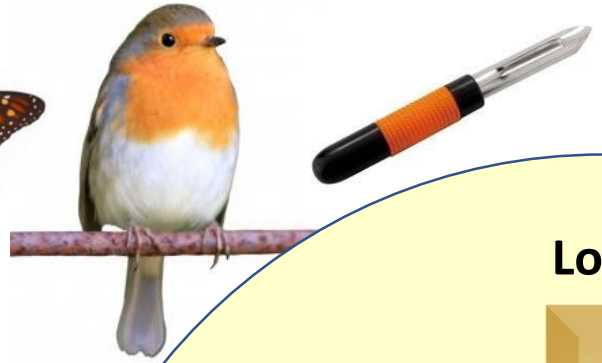
1 session or over 6 weeks

For all ages and abilities

Make, create, build and Celebrate!

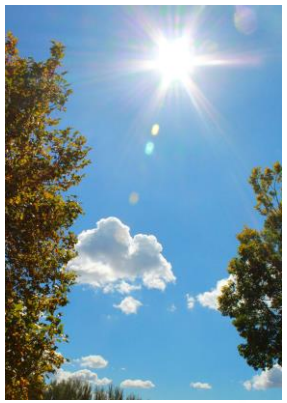
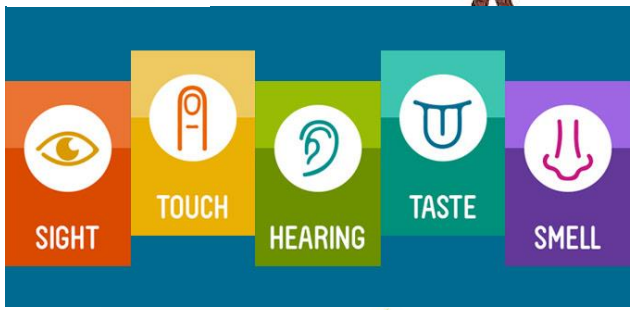
Enhancing the curriculum





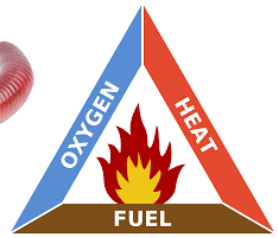
















SIGHT
TOUCH
HEARING
TASTE
SMELL
Love
Respect
Inspire
Trust
ST. MARK'S
CE PRIMARY SCHOOL
OXYGEN
HEAT
FUEL

The Forest School Year

Autumn	Spring	Summer
We have fun in the last of the Summer sun Searching for acorns and conkers to plant Using Autumn leaves to make crowns and leaf art Eating blackberries and using their juice as ink Throwing Sycamore 'helicopter' seeds high in the air We plant bulbs and trees for the Spring We're inspired by the book 'Stickman' Reading and writing are fun We make our own Stickman to keep, with a home to sleep Use sticks in other ways, to dig in soil or as picture frame We have 'clay play' to show how we feel or make our own woodland creatures with creative features Nature slows down, the clocks fall back We brace ourselves for the Winter months ahead We make dens to protect us from the elements and we drink hot chocolate around a campfire Watching animals prepare for the frozen months We help birds by making seed feeders The days are getting colder and shorter Winter Solstice will soon be upon us Imagining Arctic explorers and how lucky we are We get excited for Christmas and look for naughty elves We reflect on the year, what we've achieved and hold dear	Movement is life! We wrap up warm and keep active in the Winter months Playing games in a group shelter out of the cold biting wind We keep drinking hot chocolate around a campfire We use face paints to brighten our faces Then climb bare leaved trees and explore more places Thawing out we watch Spring finally arrive Watching plants and trees seemingly come to life Playing tree, bark and leaf 'eye spy' to help identify Looking for catkins, pussy willow and sticky buds Sowing wildflower seeds for the bees and for us to see We search for snowdrops, daffodils and bluebells The clocks spring forwards, life is abounding We're getting ready to celebrate Easter Embrace Lent with a clear mind to focus on prayer Watching for signs of wildlife and tracking them Going on a Easter chick hunt around the site Enjoying the Cherry Blossom Watching for Butterflies and bumble Bees We search in the soil for another world beneath our feet Looking up for the first swallows on their migration Carefully using tools safely to make a better place The Forest School continues to make smiling faces	Loving the Summer sun Climbing trees in full leaf and play on the rope swing The long hot days and the Summer Solstice Laying on the ground and looking closely at wildflowers Be inspired to draw our own with pens or chalk Turning over and watching the clouds go by Making shapes from them inspires our imagination A whole class out on a bug hunt Being amazed by insect diversity and recording data Inspired to observe and to draw them Enjoying being in the dappled light under tree Sending your teddy bear down a zip wire Making dens to keep cool out of the sun Being inspired by the 'Gruffalo' book Taking the Gruffalo toys on a mini adventure We take care of them and make them new homes Using creative resources like 'Mud Club' or 'Mr J's Café we measure, create, experiment, be safe, have fun! There is so much awe and wonder for us to see and enjoy We use our incredible senses to reach to our full potential In the pond, up a tree, under a rock, the sight of a flower We celebrate a year in the Forest School then start again in the Autumn and enjoy the Great Outdoors!