

Milton Road Forest School



What is Forest School?

Forest School principles were first brought to the UK in the 1990's from the highly successful Scandinavian practice. The forest schools operate on the principle that children of all ages can benefit greatly from the hands-on learning opportunities inherently presented in an outdoor environment.

Children learn best from firsthand experiences. Exploring and playing, so learning using a range of activities is what **forest**

school is all about. Building a sense of independence, high self-esteem and teamwork are important parts of forest school, but health and safety considerations are always of paramount importance.

What are our aims?

Through the Forest School ethos, we aim to provide children with opportunities to take measured risks, learn more about themselves and their relationships with others. Under the guidance of a fully qualified Forest School Leader, we aim for all children to experience nature in a hands-on, safe, secure and supported environment.

We aim to use this powerful approach with Milton Road

children for them to be independent, self-motivated, courageous, and considerate, setting them up for life-long learning.

Under the guidance of a Level 3 Forest School Leader children will experience a range of activities. All curriculum areas can be taught within the Forest school with some being taught through activities such as;

- Cooking on an open campfire



- Shelter building

- Using hand tools



Each session in the Forest School lasts for the full afternoon. Every session includes a review time and personal reflection over a hot or cold drink and a snack.

~For health and safety reasons children who do not have the appropriate kit will not be able to take part in our woodland activities on that day. ~

Children will change into their Forest School kit at school just as they would for PE. Children must be protected from the extremes of weather - many layers of all clothing is better

than one thick item of clothing. Please follow the kit list below. Arms and legs must be covered at all times.



What will my child need?

Essential

1. Warm base Layers (i.e. vest, long sleeved top, jumper, jogging bottoms.
2. Coat/fleece & or Waterproof coat.
3. Thick socks or two pairs of medium thickness.

4. Wellies or sturdy walking boots which keep their feet dry.

Highly Desirable

Waterproof trousers

Hat and Gloves ~ if cold If wearing a scarf then it should be tucked in (a head-over neck warmer is better.)

