



# Forest School @ Rosebrook Primary School

Updated October 2021

▶ <https://youtu.be/8b2vC-ecUuU>



# What is Forest School?

## The theory behind it ...

### Forest school follows six basic principles:

- ▶ **Principle 1:** Forest School is a long-term process of frequent and regular sessions in a woodland or natural environment, rather than a one-off visit.
- ▶ **Principle 2:** Forest School takes place in a woodland or natural environment (with trees where possible) to support the development of a relationship between the learner and the natural world.
- ▶ **Principle 3:** Forest School aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners.
- ▶ **Principle 4:** Forest School offers learners the opportunity to take supported risks appropriate to the environment and to themselves.
- ▶ **Principle 5:** Forest School is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.
- ▶ **Principle 6:** Forest School uses a range of learner-centred processes to create a community for development and learning.



# How will I see the principles in action?

**Principles 1 & 2:** Children come outside for weekly forest school sessions, usually for half a term at a time (two half terms per year). Sessions take place in nearly all weathers (thunder & lightning or high winds are the exceptions). Our site has over 600 young trees which the children have planted over the last few years.



# How will I see the principles in action?

**Principles 3 & 6:** Forest school is centred around the children themselves with no specific curriculum drivers. This means there is rarely a classroom curriculum objective that the children need to achieve although the 'hook' of the session may be linked to classroom topics. Sometimes we will include an outdoor learning session where an objective would be appropriate. The learning is in the experience itself rather than being content heavy.

Sessions aim to develop personal and social skills:- team work, communication, problem solving; physical, mental and emotional health: - children are active throughout, being outside can help to meet sensory needs and give space to think and process what is going on in their lives; creativity:- children may create their own songs, rhymes, stories, imaginative play and games or may be creative in the mud kitchen, creating transient art, using bush craft tools or in other ways.





# How will I see the principles in action?

**Principle 4 :** Children are often set group challenges as part of a session but you will also see children seeking out their own challenges - getting a rope into the tree to make a swing or zip-line, building platforms or bridges over the mud pit to incorporate into their games, setting each other parkour courses, climbing a tree and more.



**Principle 5:** Rosebrook has two members of staff who are fully qualified Forest School Level 3 practitioners and outdoor & paediatric first aiders.

# In short, Forest School is...

- ▶ Child led, child focussed, holistic.
- ▶ In a natural environment.
- ▶ May include bush-craft where appropriate.
- ▶ Learning through play, exploration and managing risk.
- ▶ Experienced regularly over a long period of time.

# Clothing

- ▶ For children to feel comfortable outdoors they must be dressed appropriately!

## Forest School Clothing Guide—Autumn / Winter

Children can borrow a coat and waterproof trousers from school if needed.

Warm Hat



Warm Gloves



Long-sleeve t-shirt, jumper, hoodie, fleece etc.

**Aim for three layers to wear underneath a coat!**

*(If children are too hot they can always take layers off)*

Trousers, jogging bottoms, leggings, old pyjamas etc

**Aim for at least two layers on legs.**

**NOT jeans** as these do not keep your child warm.



Dry underwear in case they sit down in muddy puddles!

2 or 3 pairs of socks, plus a spare pair for back in class!



Welly Boots, (One size bigger than usual will allow space for thick winter socks)



## Forest School Clothing Guide—Summer

Children can borrow a coat and waterproof trousers from school if needed.

Sun Hat



Sun Screen



Long-sleeve t-shirt and leggings/ trousers.

To protect arms and legs from bites, stings and scratches, we ask for long sleeves and full length trousers (no shorts)

A spare pair of socks for back in class. Wet feet are possible in all weathers!!



Welly Boots



Dry underwear in case they sit down in muddy puddles!

Water bottle—to keep hydrated in warm weather.

