



Forest School information for parents & carers

What is forest school?

Forest School is a child-centred inspirational learning process, that offers opportunities for holistic growth through regular sessions. It is a long-term program that supports play, exploration and supported risk taking, allowing children to develop confidence and self-esteem. The Ethos of Forest Schools is to allow children the time and space to develop skills, interest and understanding through a range of activities which provide practical, hands-on experiences in a natural environment.

What do the children do?

Forest School sessions are child led and follow the children's interests. A typical session however will include a mix of physical activities, craft activities, games, challenges and stories as well as free time to explore.

Will Children be using tools?

Tools can only be used under close supervision of our Forest School leader and will only be introduced to individual children if she believes they are ready to use them.

Will there be fire lighting and cooking?

Fire lighting may take place under the close supervision of the Forest School leader and is dependent on weather conditions.

Forest school kit list

Long trousers

Long sleeved t shirt/jumper

Closed toe shoes/wellingtons

Waterproof coat

Summer: Sunscreen & hats

Winter: Hats scarfs and gloves, thermal underwear & warm coat