

## Health and Safety during forest school :

Forest School enables learning to take place through play, which can sometimes involve risk as it is set in a woodland setting. We have risk assessments for all activities, equipment used during sessions and for the grounds themselves. During the session circumstances may change due to weather or external factors, therefore staff carry out dynamic risk assessments throughout the sessions. The grounds are checked before every session by the forest team. Our Forest School leaders are first aid trained and we will let you know if your child has any bumps during the session as soon as possible.

WE ALLWAYS HAVE THE OPPORTUNITY TO BE ABLE TO WASH HANDS ON SITE.

## What should children wear?

We ask you to make sure your child has **wellington boots, warm waterproof coat, spare socks, clothes, hat, gloves** during the colder months of the year. In the hotter weather wellington boots, coat, socks, **sun hat, suncream.**

We will give the children waterproof coats and trousers to try and protect their coats from water and mud. We make sure all children are appropriately dressed. They may come home very muddy. This proves they have been very busy!



Our full operational handbook can be found at <https://limetree.bright-futures.co.uk/school-life/curriculum/outdoors/>

# LIME TREE FOREST SCHOOL

## PARENT INFORMATION

### What is Forest School

Forest School is set outside in the school grounds and provides a space where children can develop skills and experiences whilst building independence and confidence in the woodland setting. We have 3 different settings within the grounds : Lomax woods, the farm and Friendship woods.



# THE FOREST SCHOOL ETHOS

At forest school children engage in a positive learning experience that takes place within our school grounds. Forest School sessions are delivered by qualified level 3 leaders, and supported by school staff and volunteers, so as to provide the best quality provision. Using methods of self-directed play and activities, the learners are given the space to explore, experience and grow as both individuals and as a group. Some activities are planned, others emerge or evolve from the children's imagination and play, but unlike traditional outdoor learning, forest school takes place over a long-term period at regular intervals. The forest school sessions give the children opportunity to engage in their own play, giving them the space to find out how to risk assess, self regulate and grow in confidence. Using reviewing and reflection throughout the practice, their new skills and successes are re-enforced, giving them skills and experiences that set them up for life. The activities are focused on the needs and abilities of the child, giving opportunity for every child to learn in a positive environment, according to their own learning methods.

**We follow the 6 principles of Forest School laid out by the Forest school Association:**

1- Forest school is a long term session given to children in a woodland or a natural environment. Not just a one off visit. Planning and observations and reviewing are integral part of Forest school.



2- Forest school will always be in woodland or natural space, this is to support and develop the relationship between the learner and the natural world.

3- Forest school uses a holistic approach, encouraging resilience, confidence and creative learners

4- forest school encourages risk appropriate to the age of the Child.

5- forest school is run by qualified forest school Practitioner who develops Professional practice.

6- Forest school uses a range of learner-centred approach for a safe place for learning.

## Who delivers forest school:

At Lime Tree the sessions are led by Mrs Green (Level 3 Forest School practitioner & trainer) and Miss Cawley (Trainee level 3 Forest School practitioner).

Their role is to support and enable the learner to have a safe and enjoyable experience. All staff and volunteers have training to help in the learning through play experience.

