

FOREST SCHOOL

Forest School is an inspirational process, that offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees.

Forest School is a specialised learning approach that sits within and compliments the wider context of outdoor and woodland education.

The ethos is shared by thousands of trained practitioners across the UK and beyond. Its roots reach back to early years pioneers in outdoor learning and across the sea to Scandinavia.

At Forest School all participants are viewed as:

- equal, unique and valuable
- competent to explore & discover
- entitled to experience appropriate risk and challenge
- entitled to choose, and to initiate and drive their own learning and development
- entitled to experience regular success
- entitled to develop positive relationships with themselves and other people
- entitled to develop a strong, positive relationship with their natural world

This learner-centred approach interweaves with the ever-changing moods and marvels, potential and challenges of the natural world through the seasons to fill every Forest School session and programme with discovery and difference. Yet each programme does also share a common set of principles, aimed at ensuring that all learners experience the cumulative and lasting benefits that quality Forest School offers.

Principles of Forest School

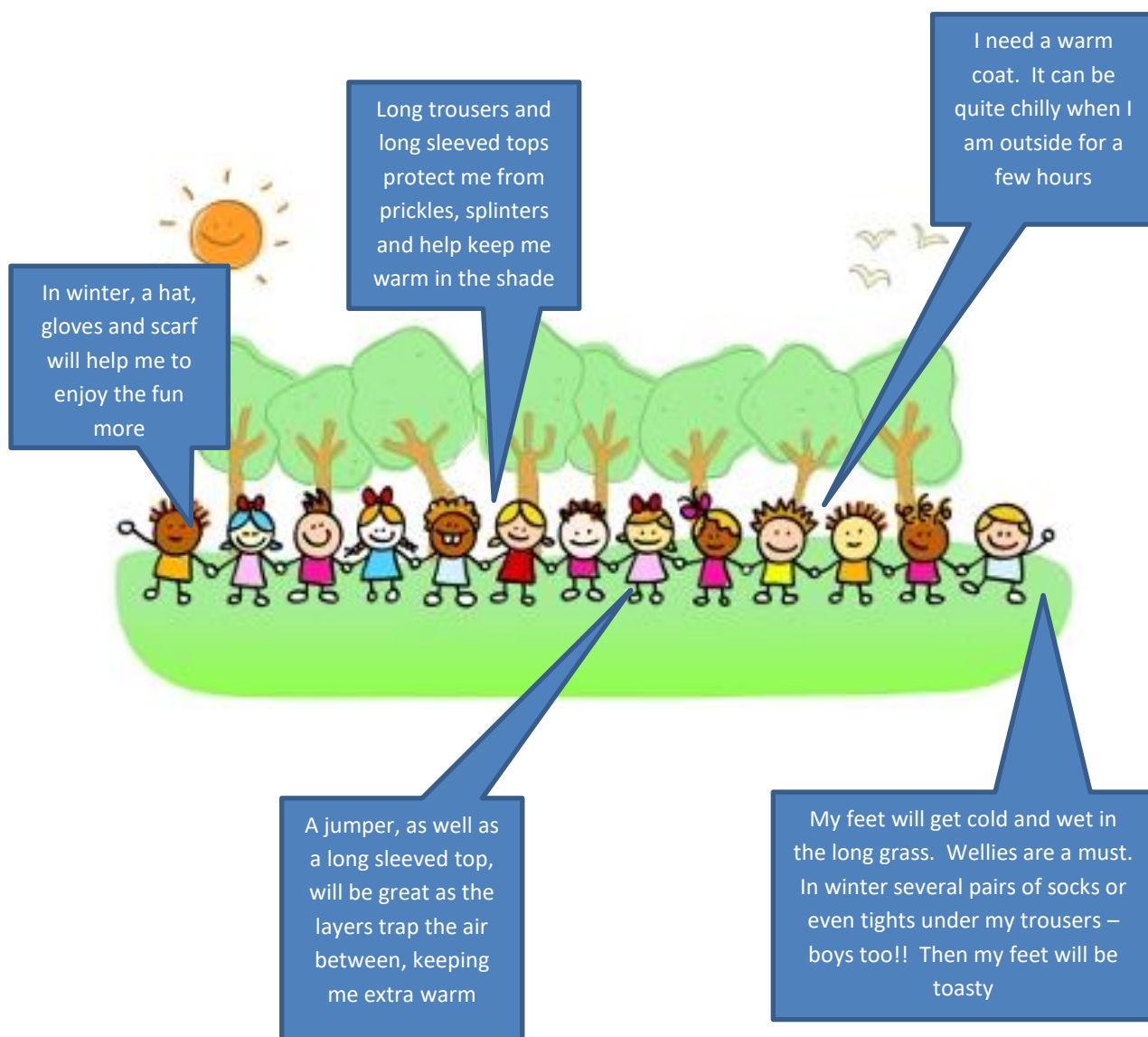
These principles were first articulated by the Forest School Community in 2002. They were reviewed in 2011 and sent out for a 5-month consultation to Forest School networks and practitioners in all UK nations.

- **Term process of regular sessions, rather than a one-off or infrequent visits; the cycle of planning, observation, adaptation and review links each session.**
- **FS takes place in a woodland or natural environment to support the development of a relationship between the learner and the natural world.**
- **FS uses a range of learner-centred processes to create a community for being, development and learning.**
- **FS aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners.**
- **FS offers learners the opportunity to take supported risks appropriate to the environment and to themselves.**
- **FS is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.**

This ethos creates learning communities where deep-level learning and progression are the norm.

What shall I wear to Forest School?

We will supply waterproof trousers for Forest School. We also have some waterproof coats. If your child would prefer to wear their own waterproof trousers, please ensure they are named.



If it is really cold, a bag over socks insulates the wellies. Lining soles with foil or using fluffy insoles all help feed the heat back onto the foot.

PLEASE NAME EVERYTHING