

WHAT WILL MY CHILD NEED FOR FOREST SCHOOL?

"There is no such thing as bad weather, only unsuitable clothing" Alfred Wainwright

We want the children to enjoy and get the most out of our Forest School sessions. Therefore all clothing needs to be comfortable, practical and warm. Clothing should also be old as your child will get muddy/dirty.

Your child will need

- Long trousers and long sleeved top
- Waterproof coat
- Waterproof trousers or puddle suit.
- Wellingtons or boots

In Winter

- Hat and gloves
- Lots of layers including a warm jumper or fleece

In Summer

- Sun cream
- Sunhat

We have some spare clothing including waterproofs in school. Please speak to your child's class teacher if your child needs to borrow these.

WHAT ARE THE BENEFITS OF FOREST SCHOOL?

Much research has been provided on the benefits of children and young people participating in Forest School activities.

Forest School:

- Increases self-confidence and self esteem
- Develops communication and language skills
- Fosters independence
- Encourages cooperation and team work
- Builds resilience and perseverance
- Promotes Wellbeing

HOW DO WE MANAGE RISK AT FOREST SCHOOL?

Risk management is a valuable life skill to learn. At Forest School we encourage the children to take risks in a safe and controlled way with support and guidance from the Forest School leaders.

Children will learn fire lighting and fire management, how to use tools safely and appropriately. They will be encouraged and supported to climb, swing and balance in our Forest classroom.

We ensure that all activities are made as safe as possible for the children and encourage them to manage some hazards while learning new skills.

Juniper Hill's Forest School



A Guide for Parents and Carer's



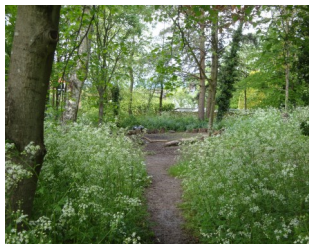
WHAT IS FOREST SCHOOL?

Forest School is a unique educational experience and process that offers children the opportunity to succeed and develop confidence and self-esteem through hands-on learning experiences in a woodland environment.

At Forest School we explore the natural environment to evoke curiosity and imagination and use available natural resources to create and play. We encourage children to take responsibility for our surrounding environment and the plants and animals who call our Forest School area their home.

WHERE WILL FOREST SCHOOL TAKE PLACE?

Our Forest School is located on the school site in a 'wild area' next to the school Field. This area is known as 'The Orchard'. The area has many trees, shrubs, a pond and some open land. The trees are mostly mixed deciduous. The site is not accessible to the public.



WHAT DO WE DO AT FOREST SCHOOL?

All Forest School sessions are led by qualified Forest School leaders. The children are taught specific skills as well as being given the opportunity to lead their own learning and delve into activities of their own choosing with the guidance and support of the Forest School leaders.

Children will have opportunities to:

- Build dens
- Climb trees
- Create woodland crafts and wild art
- Identify plants and animals
- Use tools such as loppers, bow saws and penknives
- Learn to tie specific knots and lashings
- Build and cook on fires
- Learn about conservation and sustainability
- Develop life long skills in risk management, team work and communications
- And much more



WHO WILL TAKE PART

All children from EYFS to Year 6 will take part in Forest School every year. The table below outlines when each year group will have their lessons.

Year Group	Term	Number of sessions
EYFS - Robins	Spring 1	5 Weeks
EYFS—Wrens	Spring 2	5 Weeks
EYFS - Robins	Summer 1	5 Weeks
EYFS—Wrens	Summer 2	5 Weeks
Year 1	Autumn 1	6 weeks
Year 2	Summer 2	6 Weeks
Year 3	Spring 2	6 weeks
Year 4	Autumn 2 and Summer 2— Community work with Chiltern Rangers	2 full days per class.
Year 5	Summer 1	6 weeks
Year 6	Autumn 1	6 Weeks
Year 6	Summer 2	1 day per class preparing and cooking a meal on an open fire.