

Clothing

To ensure children gain the best experience from Forest School sessions, appropriate clothing must be worn. This includes;

- welly boots (can be stored in class welly racks)
- outdoor/waterproof clothing
- warm clothing – layers are particularly good
- hats – for both sunny and cold weather
- long sleeved tops and trousers.



Due to COVID-19 risks, we will not be able to wear our school all in one waterproof suits this year. Your child should wear appropriate outdoor and waterproof clothing to school on the day of their Forest School session. Please see learning leaflets, our HIS Facebook page and/or our school website for further information.

Please be assured that all adults supporting with Forest School sessions are known to the school, have a full DBS check and are fully aware of all Risk Assessments and session activities. If you would like to know more about Forest School, or would like to help at our weekly sessions, please do not hesitate to come and see me!

Thank you, Miss Lynch and Miss Legg



Hartford Infant School

Forest School Guide for Parents and Carers 2020-21



Forest School Leader - Miss Lynch
Forest School Assistant - Miss Legg

About Forest School

Forest School first began in Scandinavia in the 1950's as a means of helping children to learn about the natural world through stories, songs and practical experiences in an outdoor classroom. It's value in building confidence, self-esteem and independence was quickly recognised and Forest School soon spread.



Forest School encourages children to take a chance, to explore risk and to take the time to stop and reflect on their experiences, asking questions and making sense of their own thoughts and feelings in the natural world. Children gain a

valuable lesson in healthy, active lifestyles through a child led approach, developing holistically, physically, socially, emotionally, spiritually and intellectually in a safe, stimulating, positive and natural environment.

Health and Safety

In Forest School children learn life skills of assessing and managing their own risks and clear boundaries and agreements (rules) are established with the children. Risk Assessments are carried out before each Forest School session by class teachers and the Forest School Leaders.

All first aid is administered by our school first aiders and all first aid incidents will be communicated to you according to our school policy for this.

Children wash their hands when re-entering the school building after Forest School sessions and all resources are thoroughly cleaned after class use by staff, inline with our whole school COVID-19 risk assessment.



Forest School Sessions

Forest School provides a child centred approach to learning and an opportunity for children to develop their love and understanding of the natural world.



At Hartford Infant School all children will have a weekly Forest School session with their class teacher. TAs and volunteers will also support these sessions. Our school site will be used for Forest School for 90+ minutes per week.



Forest School sessions will run all year round and in all weathers (except in extreme circumstances) and include focused, planned activities that children are encouraged to participate in with the support of an adult, as well as child initiated activities using natural resources to stimulate imagination, creativity and investigation.

Sessions begin and end with a whole group focus in the circle of logs, and children are encouraged to question, reflect and communicate their ideas and feelings during this time. Children and adults must adhere to the rules concerning the log circle and as a habit never walk across the log circle but step over the log and sit down, walking around the outside of the circle to access other areas.

Activities may include den and shelter building, whittling using potato peelers, fires, exploring flora and fauna, natural collections, sawing wood to make badges, creating mud characters and pictures using natural paints as well as songs, stories and team games!