



LONG CLOSE
SCHOOL

Forest School

Parents' Handbook



The Forest School Principles and how they link to our setting:

- Forest School is a long-term process of frequent and regular weekly sessions. Planning, adaptation, observations and reviewing are all integral parts of the Forest School process.
- It takes place in our Forest school on the school site.
- We aim to promote the holistic development in all of those involved, fostering resilient, confident, independent and creative learners.
- We will offer learners the opportunity to take supported risks appropriate to the environment and themselves.
- It will be managed by a qualified Forest School Practitioner; Mrs Brindley who the Level 3 Award, Forest School Leader and Outdoor First Aid Training.
- We will use a range of learner centred processes to create a community for development and learning. The Forest School Principles and other information can be located at www.forestschoollassociation.org



What is the Forest School concept?

What is 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 Association)

At Long Close School, through our Forest School sessions, we hope to encourage independent, enthusiastic and creative learners who develop holistically through a well-planned and interesting child-centred approach.



Forest School ethos

Forest School Ethos At Long Close School we are committed to the ethos of Forest School and aim to: Fulfil every child's potential Develop a love of learning that creates independent and confident learners Promote a secure, exciting and fascinating learning environment Support a positive relationship with home and the wider community Promote children's self-esteem Encourage independence Promote positive behaviour to ensure the safe running of Forest School sessions Provide appropriate adult:child ratios Plan sessions that contribute towards a safe environment

Our Rules and Routines

Expectations of behaviour will be set by the Forest School Leader and discussed with the children in the classroom beforehand, in conjunction with the School's Behaviour Policy. Children will also help set rules, which will be revisited at every session.

These include:

- 'No pick, no lick, be careful how you carry a stick.'
- Respect for plants, trees and animals
- Staying in view of the base camp at all times
- Staying within the designated areas at all times
- Adult supervision for tree climbing

Adult Role

All adults at Forest School model appropriate behaviour and safe practices, whilst interacting with the children and each other; boundaries are shared, promoting positive reinforcement and choices and consequences discussed. They will:

Promote the safety and well-being of the children at all times Carry out necessary risk assessments

Carry a first aid kit in the 'emergency rucksack' and administer first aid as required

Create a positive learning environment, based on each child's needs

Encourage good relationships, based on respect of each other

Promote, honesty, politeness and kindness through example

Use encouraging language and show appreciation of each child's contributions and effort

Ensure fair treatment and equality for all attending, regardless of age, gender, ability or race, in line with the school's Equality Policy.

Forest School Clothing

Forest School sessions will take place in all weathers unless the safety of the participants is in question, due to high winds or thunder. Suitable clothing is essential for everyone participating; we need to be adequately dressed in order to gain the full learning potential of the session. 'There is no such thing as bad weather, just bad clothing'

Spring

Waterproofs provided by Long Close School PE kit
One long sleeved t-shirt or top
One thick jumper
One fleecy zip up jacket
Two pairs of socks. On the bottom, one thin cotton sock, and the top, a thick wool or fluffy bed sock
Wellies or sturdy closed toe shoes (which you don't mind getting wet and muddy!)

Spare trousers & socks in school bag (plus underwear if toilet training)

Summer/Autumn

Waterproofs provided by Long Close School PE kit
One t-shirt, light long sleeved t-shirt
One school sweat-shirt
One pair of socks Wellies or sturdy closed toe shoes (which you don't mind getting wet and muddy!)

A sun hat for sunny days
Spare trousers & socks in school bag (plus underwear if toilet training)

We recommend that children arrive at the nursery already wearing an all-day sunscreen

Winter

Waterproofs provided for enrolled children by Long Close School
Base layer - thermals
First top layer - long sleeve t-shirt or thin jumper
Second top layer – PE kit
Third top layer - fleecy jacket and neck scarf
Hat and gloves (plenty of spares to be packed in school bag,)

Two pairs of socks: (on the bottom, one thin cotton sock, and the top, a thick wool or fluffy bed sock)
Snow boots or sturdy warm outdoor boots

Our clothing recommendations

Feet: Wellies are great. We recommend two pairs of socks. The bottom a thin cotton sock then top sock a thick wool or fluffy bed sock. When it gets very cold, we recommend thermal boots.

Heads: The school winter hat is sufficient.

Hands: We have discovered that most children don't like the curtailment of freedom that they feel in bulky gloves, so, alternatively, we recommend a multipack of woollen gloves.

Mrs Brindley

Forest School Leader and Outdoor
First Aid Training



LONG CLOSE
SCHOOL