



LONG CLOSE
SCHOOL

Forest School

Parents' Handbook



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

- Forest School is the 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 fully-enclosed Forest School classroom situated within a woodland area in the school grounds.
- We aim to promote the holistic development of all of those involved, fostering resilient, confident, independent and creative learners.
- We offer learners the opportunity to take supported risks appropriate to the environment and themselves.
- Classes are managed Mrs Brindley: a qualified Level 3 Forest School Leader and Outdoor First Aider.
- We 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.forestschoolassociation.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 and plan sessions that contribute towards a safe environment.

Our Rules and Routines

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

These include:

- 'No pick, no lick; be careful how you carry a stick.'
- Respect for plants, trees and animals.
- Stay in view of the base camp at all times.
- Stay 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; boundaries are shared, promoting positive reinforcement and choices and consequences discussed. They:

- 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

Forest School Clothing

Forest School sessions take place in our enclosed Forest School classroom and 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:
One thin cotton sock on the bottom and a thick, fluffy sock on top
Wellies
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 sweatshirt
One pair of socks
Wellies
A sun hat for sunny days
Spare trousers & socks in school bag (plus underwear if toilet training)
Pre-applied sun screen

Winter

Waterproofs provided by Long Close
Base layer - thermals
1st top layer - long-sleeve t-shirt or thin jumper
2nd top layer – PE kit
3rd top layer - fleecy jacket and neck scarf
Hat and gloves
Two pairs of socks:
One thin cotton sock on the bottom and a thick, fluffy sock on top
Wellies or Snow Boots



Our clothing recommendations

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 we recommend a multipack of woollen gloves.



Mrs Brindley

Qualified Forest School Leader and Outdoor First Aid
BA (Hons) Practice Development in Early Years



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