

Forest School at Bakers Wood

What is Forest School?

Forest School is a holistic approach to learning that provides the time, space and opportunities to; take measured risks, develop confidence and self esteem, learn and develop new skills, find new interests and deepen a child's understanding of the natural world through practical, hands-on experiences. We aim to use this approach so that our pupils can become more independent, self-motivated, courageous and considerate – setting them up for life-long learning.

What will my child be doing?

Forest school is ultimately child led, which means that each child can choose or create the activities they want to explore - However, under the guidance of a Level 3 Forest School Leader, children will have access to and experience a range of activities such as:

- Bug hunting/pond dipping
- Tree climbing
- Shelter building
- Knot tying
- Natural crafts using natural materials
- Woodland management
- Using tools for a purpose
- Fire building and cooking on a campfire

Some activities will be linked to learning in the classroom for example: building skeletons using log slices and branches, using pullies and levers, melting pewter to make iron age spears.

What are the benefits ?

Increased Emotional Wellbeing

Knowledge and understanding

Children develop an interest in the natural surrounding and respect for the environment

Health and fitness

Being active in an outdoor, natural environment.

Confidence

Children have the freedom, time and space to learn at their own pace

Social development

Communicating and negotiating with peers and adults to solve problems and share experiences.

Risk management

Being given the knowledge, skills and opportunities to take part in 'higher risk' activities

Skills Development

Developing fine and gross motor skills and coordination for real purposes as well as learning how to use tools and equipment.



What does my child need to wear?

Children are expected to come dressed appropriately for forest school sessions at Bakers Wood. We are outside in all weathers; rain, snow and sunshine - So clothing needed is weather dependent and will alter from season to season.

(Old clothing is best so that the children do not have to worry about it getting dirty or damaged)

Arms and legs MUST be covered at all times.

Cold Weather Clothing

- Thermal under layer (vest/top and trousers/tights)
- Long sleeved t-shirt
- Jumper/fleece
- Tracksuit bottoms/walking trousers/leggings (not jeans)
- Waterproof coat preferably with a hood
- Waterproof trousers
- Hat
- Gloves
- Warm socks (a double layer of socks one thin, one thick)
- Wellies or walking boots

Warm Weather Clothing

- Long sleeved t-shirt
- Tracksuit bottoms/walking trousers/leggings (not jeans)
- Waterproof lightweight jacket (and trousers if you have them)
- Sun Hat
- Wellies or walking boots

How to layer up to keep warm in the winter:



1. Base layer or Vest top

2. Trousers and long sleeve top

3. Hoodie or jumper

4. Gloves and hat



5. Warm Layers

6. Waterproofs

7. Overcoat

"You can wash away the dirt, but you can't wash away the experience"

"From little seeds grow mighty trees."

