



FOREST
SCHOOL

The Purpose

- The purpose of Forest School is for the students to gain an understanding of their natural environment.
- Forest School aids the development of self-esteem, confidence and social skills.
- Through the mastery of small, achievable tasks in a woodland environment, children are able to grow in confidence and independence so that they are able to develop a sense of self-worth.

- Forest school is a long-term process with frequent and regular sessions in a local natural space, not a one-off visit
- takes place in in a woodland or natural wooded environment
- aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners
- offers learners the opportunity to take supported risks appropriate to the environment and themselves
- run by qualified practitioners

Forest school ethos

5 aspects of EI:

- Self awareness
- Managing emotions
- Motivating oneself
- Empathy (recognising emotions in others)
- Social skills (handling relationships)

What is Emotional intelligence?

We want to produce young people that are:

- confident and have a strong sense of right and wrong, adaptable and resilient, know them self, thinks independently and communicates effectively;
- a self directed learner, who questions, reflects, perseveres and takes responsibility for his/her own learning;
- active contributors able to work effectively in teams, innovative, exercises initiative, takes calculated risks and strives for excellence;
- Concerned citizens, have a strong sense of civic responsibility and take an active part in bettering the lives of others around him/her.

Holistic approach

Forest School at St. Mark's

- Your child will receive 6/7 weeks of Forest School this year.
- Your children will be in a group of no more than 15 children
- At St. Mark's we use the school site and the park opposite school (on Kingsdown Avenue)
- When we are in the park, clear boundaries are set. These are physically marked with ribbons for Year 1
- Teachers carry out a risk assessment on the lunch time before the session to check for any unsafe objects or glass

Activities at St. Mark's

- Using bow saws
- Fire
- Team games
- Child initiated activities



Clothing

Spring/ Summer

Long sleeved T-shirt, light cotton trousers (arms and legs to be covered in the woodland) socks, safety footwear, sun hat and sun cream. Waterproof Jacket, waterproof over trousers.

Autumn/ Winter

T-shirt or long sleeved T-shirt, thick fleece or jumper, thick socks or two pairs of thin ones, good pair of walking boots or wellies. Waterproof jacket and waterproof trousers. Hat, scarf and gloves depending on temperature and sunlight. An additional layer if needed.

If you have any spare clothes or wellies please send them in for us to keep as spares.

Questions