

Forest School Overview Year 1 2023-2024

Forest School is an inspirational concept providing learning opportunities, through practical activities in the outdoor environment. Children enjoy the freedom to explore and experience the natural world, in all seasons and in all weathers. Forest School embraces an approach of nurturing, supporting and developing the self-esteem of the participants. It is an ideal environment in which to develop innovation, problem solving, a sense of independence, risk-taking, self-esteem and confidence, creativity and teamwork.

The safety and the welfare of the pupils participating in Forest School is paramount and therefore all tasks are age appropriate and risk assessments, which you are welcome to read through on our schools' website, have been carried out for all activities prior to taking place.

Children will be able to take part in a variety of outdoor activities both adult initiated and child-led including; shelter/den building, creative projects, using tools and equipment (with adult guidance) and exploring the natural world. These activities will form part of your child's PSHE curriculum as well as allow them to further development personal interests and alternative curriculum areas. We feel it is important to give children the opportunities of experiencing first hand, play and learning in a controlled outdoor environment to further enhance their learning.

To allow children to participate fully, the correct clothing is essential for Forest School as they will be outside in all conditions:

Children will come into school on their forest school day in their own clothes, with their wellies/outdoor shoes and extra layers in a labelled bag to be changed into before their session.

All participants will need to wear or bring into school:

- Long sleeved t-shirt (to reduce risk of bites, stings, scratches)
- Trousers (to reduce risk of bites, stings, scratches)
- Waterproofs, coat and trousers (as they will be out in all conditions)
- Wellies, outdoor shoes or old trainers
- During the summer, a sunhat and sun cream should be supplied.
- During the colder months, extra layers such as a fleece, leggings, tights, hats and gloves are required.

These need to be old clothes, as they may get muddy!

Autumn 1	
Date	Class
07/09/23	No Forest School
14/09/23	Elm
21/09/23	Beech
28/09/23	Elm
05/10/23	Beech
12/10/23	Elm
19/10/23	Beech

Autumn 2	
Date	Class
02/11/23	Elm
09/11/23	Beech
16/11/23	Elm
23/11/23	Beech
30/11/23	Elm
07/12/23	Beech
14/12/23	Elm
21/12/23	Beech

Spring 1	
Date	Class
11/01/24	Elm
18/01/24	Beech
25/01/24	Elm
01/02/24	Beech
08/02/24	Elm

Spring 2	
Date	Class
22/02/24	Beech
29/02/24	Elm
07/03/24	Beech
14/03/24	Elm
21/03/24	Beech

Summer 1	
Date	Class
11/04/24	Elm
18/04/24	Beech
25/04/24	Elm
02/05/24	Beech
09/05/24	Elm
16/05/24	Beech
23/05/24	Elm

Summer 2	
Date	Class
13/06/24	Beech
20/06/24	Elm
27/06/24	No Forest School
04/07/24	Beech
11/07/24	Elm
18/07/24	Beech

Any changes to this overview will be shared with parents at the earliest availability.