

Forest School Overview Year 1 2025-2026

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 2	
Date	Class
04/11/25	1NB
11/11/25	1FE
18/11/25	1NB
25/11/25	1FE
02/12/25	1NB
09/12/25	No Forest School
16/12/25	1FE

Spring 1	
Date	Class
06/01/26	1NB
13/01/26	1FE
20/01/26	1NB
27/01/26	1FE
03/02/26	1NB
10/02/26	1FE

Spring 2	
Date	Class
24/02/26	1NB
03/03/26	1FE
10/03/26	1NB
17/03/26	1FE
24/03/26	1NB
31/03/26	1FE

Summer 1	
Date	Class
21/04/26	1NB
28/04/26	1FE
05/05/26	1NB
12/05/26	1FE
19/05/26	1NB

Summer 2	
Date	Class
09/06/26	1FE
16/06/26	1NB
23/06/26	No Forest School
30/06/26	1FE
01/07/26	1NB
14/07/26	1FE