



Forest School

Forest school is an exciting opportunity for children to experience nature and learn outdoors. At Forest School the children learn from first hand experience and develop resilience, independence and responsibility. These are all skills that will help them achieve more when they go back to the classroom.

Why is Forest School good for your child?

It helps develop;

Communication, Perseverance, Resilience, Responsibility, Independence, Inquisitiveness, Social Skills, Knowledge of nature, Fine and gross motor control, Practical skills

Children will also use their English and maths skills as well as their speaking and listening skills.

Each programme is tailored to the needs of that group and will help them enhance and develop their learning.

Where do they go?

Sessions will either be:

- In "The Nest" which is the pond area in the corner of the school field
- Around Broughton Brook and Atterbury Park, where we have a license to work from MK Parks Trust

When do they go?

Each class will be divided in to two groups. Each group will have 4 sessions. Sessions will take place on a Monday and Tuesday. In the event of staff absence or whole school events, sessions may need to be moved or cancelled—advance notice of changes will always be given.

What happens in the sessions?

The sessions last about 2 1/2 hours. In that time they will play some games, sit together and plan their session, and have the opportunity to develop new skills e.g using tools, cooking or using ropes to make shelters, swings etc. There is always a safety talk at the start and the leader will only introduce new skills if the children are ready for them.

What do they do?

There are lots of games and activities that the children can do both practical and creative. All will have a positive effect on your child's learning. They will also be learning about nature and have chance to observe changes through different seasons.

What should they wear?



Layers are best. The children should wear their PE kit—joggers/leggings, t-shirt and hoodie/ sweatshirt/fleece. They should wear trainers to school and bring another pair of trainers, boots or wellies for the sessions.

The children should come to school in their PE kit when they have a session. They do not need to bring uniform to change in to.

School will provide waterproof jackets and trousers but, if your child has their own waterproofs, please send them in.

If a child does not come with appropriate clothing/footwear they may not be allowed to take part in the session or you will be contacted and asked to bring the appropriate clothing.

How do we keep children safe?

Miss Hughes, our Deputy Headteacher, has undertaken The Forest School Leader training course, she also has an Outdoor First Aid qualification. The sites have been carefully assessed and the children will be given detailed training in all of the activities. There will always be a minimum of two adults present for a group of 15 pupils. Part of Forest School is teaching children about risks and how to evaluate them. So the children will be taught about how to add fuel to a fire, how to cook and make drinks and use tools. These activities are introduced as the children are ready for them and are carefully supervised.

By allowing children to take measured risks we help prepare them for future choices and teach them to be actively responsible for themselves, their choices and actions. Research shows that that Forest School contributes greatly to children’s wellbeing which is a major factor in academic success.

What if it’s raining?

The sessions will take place in all weathers. A full risk assessment will be conducted before every session to ensure the weather is safe. High winds and excess snow are the main reasons a session would be cancelled.

What are the session dates?

Session dates are as follows. Each class will be divided into two groups, one group will have their session in the morning, the other will have their session in the afternoon. Please look at the dates carefully and keep this information for the whole term. There are some dates with no sessions to accommodate staff availability & whole school events.

	Week 1	Week 2	Week 3	Week 4	Week 5
Ladybird	Monday 25th April	Monday 2nd May BANK HOLIDAY NO SESSION	Monday 9th May	Monday 16th May	Monday 23rd May
Willow	Tuesday 26th April	Tuesday 3rd May NO SESSION	Tuesday 10th May	Tuesday 17th May	Tuesday 24th May

Atterbury
Park



The Nest





We are very grateful to
Wickes for supporting
us with materials to
develop The Nest.

