

The Forest School Ethos

At our school we aim, through our core values, to provide all our children with an exciting start to their education in a school which cares, guides, stimulates and supports everyone in our school community. A Forest School ethos naturally lends itself to supporting this exciting start to their education.

The Forest School ethos supports the way at Ashby Church of England Primary School we can holistically develop the 'whole-child'.

A Holistic Approach to Learning at Forest School – Developing the **WHOLE** child



What will my child need?

Children must be protected from the extremes of weather - many layers of all clothing is better than one thick item of clothing and arms and legs must be covered at all times. The following clothing should be worn, as dictated by weather conditions:

- Outdoor shoes - walking boots or wellingtons
- SPARE socks
- A warm coat - preferably waterproof
- A jumper or fleece
- A long-sleeved top (skin must be covered)
- Full-length trousers (skin must be covered)
- Waterproof over-trousers (if possible)
- Hat and gloves (weather dependent)
- An extra layer of clothing (weather-dependent)



Forest School

at

Ashby Church of England Primary School



We are very pleased to offer weekly Forest School sessions starting this year!



What is Forest School?

Forest School is a unique, inspirational experience and learning process where trained practitioners facilitate learner-led exploration and discovery in an outdoor environment.

Learners access meaningful child-initiated experiences which are nurtured for positive lifelong impacts. Through a hands-on experience, involving play, exploration and supported risk taking, in a nature-based environment, children are able to develop their overall holistic health. By accessing a regular, long-term programme it allows for the blossoming of character, confidence, resilience, empathy, and much more. Our sessions also allow our children to develop a deeper connection to nature and to appreciate the shared responsibility we all have to protect our environment.

In the U.K., the principles of Forest School really started to flourish in the 1990s after it was observed that children who had attended Scandinavian forest school nurseries had stronger social and communication skills, higher self-esteem, the ability to work in groups more effectively, and greater confidence in their own abilities. It is believed that these foundations also helped them to raise their academic achievements. Since then, Forest School in the U.K. has gone from strength to strength.



What happens at Forest School?

Under the support and guidance of a Level 3 Forest School Leader children will experience a range of activities, such as:

- Shelter building
- Natural art and tool use
- Team games
- Fire lighting and cooking

