



What is Forest School?

- Forest School supports children to develop self-esteem, independence and confidence through outdoor child-led play in nature
- Promotes learning of problem solving skills, creativity and specific bushcraft skills
- Offers a deeper connection to nature through play and observation



Forest School Principles

- **Principle 1:** Forest School is a long-term process of frequent and regular sessions in a woodland or natural environment, rather than a one-off visit. Planning, adaptation, observations and reviewing are integral elements of Forest School.
- **Principle 2:** Forest School takes place in a woodland or natural wooded environment to support the development of a relationship between the learner and the natural world.
- **Principle 3:** Forest School aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners
- **Principle 4:** Forest School offers learners the opportunity to take supported risks appropriate to the environment and to themselves.
- **Principle 5:** Forest School is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.
- **Principle 6:** Forest School uses a range of learner-centred processes to create a community for development and learning



Why Forest School at Whitewater?

- Builds self-esteem
- Promotes independence
- Creativity
- Curiosity
- Problem solving
- Risk management
- Deeper connection to nature
- Imagination
- Exploration of senses
- Social skills
- Self-confidence
- Physical development



What might the children achieve?

- Working in collaboration with others
- Learning through experiences, own limits and what is safe
- Exploring and discovering information through investigation
- Multi-sensory experiences
- Learning new skills e.g. whittling, lighting fire, crafts

What might the children be doing?



Safety measures



- Small groups up to 15 children.
High staff to children ratio
- Forest School Leader (also first aid trained) and two volunteers
- Overarching risk assessments
- Daily site and activity risk assessments – involve the children
- Model activities and skills
- Safe practice for tool use
- Rules and boundaries

Common questions

- **What should my child wear**

Please check the parent handbook for full list of recommended clothing

- **What about using the toilet?**

The children can use the toilet in the school building accompanied by a member of staff or peer

- **My child has allergies can they still attend**

A full list of the child's allergies should be provided on the consent form so that they can be accommodated.

- **What about if it is raining**

Forest school goes ahead in all weathers except high winds, storms or other potentially unsafe conditions. If necessary we can move some or all of the session into the Outdoor learning classroom.

- **Where can I find out more information?**

Go to the Forest School section of the school website @ [Whitewater CE Primary School - Forest School](#)