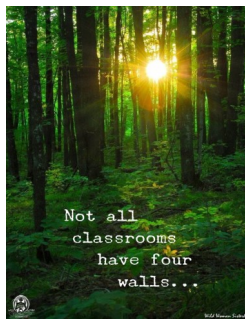


## How do we keep children safe?

Miss Sinnott will be the First Aider on site. We have a number of other qualified First Aiders also in School. The site will be risk assessed before each session. Activities will be introduced to the children and they will take time to get use to their environment.

We keep children safe by teaching them how to be safe through real life experiences. Your children will learn to balance, notice changes to the environment, make decisions based on what's happened

previously, think for themselves about the weather, the conditions weather brings and the dangers and accidents that could occur. They will learn how to use their bodies in a way to lower risk as well as how to carry and move items in away that cause no problems to the environment or to others. They will learn to think, watch and take care of themselves as well as to slow down and enjoy their time outdoors.



## What if it's raining?

**'There is no bad weather, only bad clothing'**

Forest school will go ahead in almost any weather as it's a huge part of building our resilience in children. Also, they will be provided, by their parents/carers, with suitable clothing to keep them dry, warm or cool. If there are high winds, thunderstorms or extremely bad weather, Miss Sinnott may choose to cancel the session for that week.

## What can I do at home?

Enjoy the outdoors as much as possible, learning is endless and nothing is needed. Take time to appreciate what simple pleasures it can bring. Ask questions and listen to children's ideas. Let them talk and explain what they see, feel, smell, touch, and taste.

<https://www.wirral.gov.uk/leisure-parks-and-events/parks-and-open-spaces/brotherton-park-and-dibbinsdale-local-nature-reserve>

<https://www.wirral.gov.uk/leisure-parks-and-events/parks/eastham-country-park>

# OUR FOREST SCHOOL

POULTON LANCELYN



Forest School is a way to discover your child's own self. It opens opportunities to question, discover and explore our incredible world whilst in the outdoor environment. These skills will be transferable in building confident, inquisitive and rounded learners. Forest Schools will allow children to become competent detectives and master these skills over into a range of everyday experiences and situations. They will learn to be motivated and interested through the amazing things that happen around them, as well as becoming more self sufficient and building awareness of themselves and others. Most of all, it allows our children to be challenged in a minimalistic environment that gives back and brings happiness. Forest schools build logical learners that can cope, and find resilience and perseverance in many situations.

Welcome to our Forest School.

# So, what is Forest School all about?

## Who runs Forest School?

Miss Sinnott will lead the Forest School sessions. She holds all of the relevant Forest School qualifications along with the first aid element. "I am a great believer in the health and growth mind-set benefits of the outdoors. I love to be out in the mountains or by the sea whenever possible. During my time working with children I have seen how the outdoors has a huge impact on children's motivations, outlook and ability to be adaptable in a range of situations. As well as this, for learning to be more effective, taking into consideration children's different learning styles and own skills. We need to offer more of these

## Where will they go?

We will use the school grounds. We have a wonderful nature garden which will be used and explored as well as the school field where we will use the large trees as a camp base. These areas provide so many natural resources for all the activities that will take place.

## When do they go?

There will be one session a week with a small group of children. Initially the sessions will be for around 6 weeks. A Forest School session will last for around 1 hour. During this time the children will become aware and comfortable with their outdoor environment and learning opportunities will be discovered. Forest School places a huge emphasis on children discovering, finding solutions and driving opportunities themselves. This will be facilitated by Miss Sinnott who will direct them and open ideas and opportunities to them whilst encouraging their own skills, personalities and ideas to shine.

## What do they do?

Often people mistake Forest Schools with the response "they just play." If anybody has ever taken an interest in outdoor learning, they know it is so much more than that. Forest School will give your child a unique experience. They will explore boundaries of weather types and learn to make decisions for themselves. They will make logical discoveries about the outdoors and what effects these can have in other situations i.e. the wind direction and how this affects the weather. The children will become more in tune and capable outdoors and this will build self awareness, empathy and they will be more risk aware! We will use tools to learn how to use them in a safe manner, make dens, low level tree climbing, leave trails, hunts, experiments, art and cover the curriculum in a hands on and more direct way. Everything learnt will be from direct opportunities and experiences making it much more engaging, motivating and more to the point more real.

## What should they wear?

The children should bring appropriate labelled clothing for the weather in a bag. Any children who don't have appropriate clothing will not be able to participate. School can provide waterproof jackets for use if needed.

### Spring/Summer

Hat, sun cream, vest, long pants, long sleeved top, top layer, waterproof jacket, spare socks, walking boots or wellington boots (with a good grip).

### Autumn/Winter

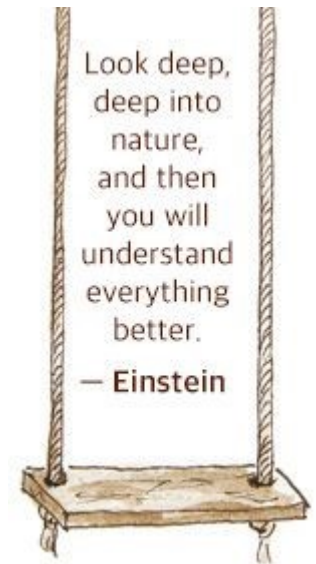
Vest, long sleeved top, jumper or thicker layer, coat, waterproof coat. Long leggings, waterproof pants, socks, walking boots or wellington boots (with a good grip).

## Why is Forest School so good for MIND, BODY AND SOUL?

Forest School allows us to be in a very neutral environment, colour wise, sound wise, space wise. It encourages us to be creative thinkers, learning in a minimalistic area and to begin to understand the ways of the world and how we can come into contact with it in the most exciting and productive ways.

## **It will develop skills such as:**

Communication  
Perseverance  
Resilience  
Responsibility  
Inquisitiveness  
Empathy  
Tolerance  
Social skills  
Self awareness  
Self Actualization  
Self worth



Children will use literacy and numeracy skills throughout the sessions as well as communication skills in ways that all our children can be themselves in a non pressured environment. Each session will be developed to meet the "SMARTS" (types of personalities and skills that each child brings with them.)