

Gainsborough Primary Forest School



Safety

Safety is paramount. Here are the safety measures we have and will continue to put in place each session:

- Forest School Leader leading all sessions
- All staff are paediatric first aiders
- Risk assessment written termly
- A weekly safety sweep to clear the site of anything that may pose a threat to children's safety before they arrive
- Safety procedures in place in line with school policy
- Safety procedures taught to the children and repeated each session.
- All sessions have been planned carefully to enable children to take safe risks.
- Tools (peelers and saws) used under the supervision by the Forest School Leader and in groups of 2—always.
- Mobile phones on site.



What is Forest School?

Forest school is an ethos which encourages the development of children's emotional and physical development through outdoor play, activities and exploration in woodland.

- Uses the outdoors to help children learn
- Helps children grow in confidence
- Encourages independence, resilience and motivation
- Helps raise self esteem through small achievable tasks
- Encourages team work and collaboration
- Creates opportunities to develop communication and language skills
- Creates opportunities to show creativity, innovation and imagination.
- Teaches children how to stay safe and establish their own boundaries for risk taking under guidance.
- Creates a bond with nature and an understanding of ways to look after our environment.

How does it work?

Who is it for? Reception Class. Forest school is now part of our weekly class timetable.

Who runs it? Miss White (Forest School Leader and Assistant Headteacher of EYFS and KS1)

Which adults come? Mrs Maljee, Mrs Betty and Parent Volunteers.

When? Once a week; every Friday

How long? 2 hours; from 1pm—3pm

Where? Wick Woodlands

How? We will walk to our base camp from school, via our bridge over the canal.

What will we do and what do I need?

Please see overleaf for more information!



Volunteers

Without parent volunteers, we can't go. Please sign up on the weekly sign up sheet to join us. Parents will be fully briefed each week.



Clothing

Children will be outside in all weather (except torrential rain and thunderstorms), all year round

All adults and children **MUST** be suitably clothed to take part. Below is a list of essential clothing for each season. We ask that parents send children to school on Fridays with a change of clothes for Forest School (own clothes—not new). *A set of spare all in one waterproof suits and wellies will be provided by the school.*



- Woolly hat / sun hat
- Gloves
- Jacket / Waterproof coat
- Fleece / Sweatshirt
- Long trousers
- Spare socks
- Appropriate shoes including wellies / boots

Children will change into their forest school clothing at 12:30pm. They will be sent home in these clothes (unless wet or dirty), with their school clothes on Friday.

Children **MUST** have their arms and legs fully covered in all seasons to protect against sun burn, scratches, bites and/or the cold / wet weather.

Activities

Activities will be planned for each week and built upon to give children confidence in exploring new tasks for themselves. Some tools will be introduced and these activities will be directly overseen by the Forest School Leader.

Activities include:

Orientation

Treasure finding

Leaves matching, counting, comparing

Collecting sticks, counting, measuring

Digging with trowels

Mud mixing & painting with brushes

Binoculars, mini beasts & bug hunters

Making potions, smelly pots & potion pots

Making bracelets / badges

Houses for an animal

Dens

Hurdles

Tools

Fires



Benefits

- It makes learning fun!
- Child-led activities
- Emphasis on observing children's skills and learning styles and supporting these.
- Learn the importance of boundaries.
- Learn how to look after nature, plants and animals.
- Experience being outdoors.



Location

