

## Health and Safety



Safety is paramount at all times. All activities and sites are risk assessed by the Forest School Leader. Fire making and tool use are carefully introduced by demonstration and are supervised. Children are encouraged to think about and assess their actions and become aware of safety issues in order to minimise risk.

Forest School sessions can take place in all weather conditions with the exception of high winds. A daily risk assessment will be undergone by the leader and appropriate actions taken to ensure pupil safety.

## First Aid

The Forest School Leader is a qualified first aider and will carry a first aid kit, and mobile phone at all times. Accident and emergency procedures will be in place for each site.

## Insurance

All Forest School Leaders are insured.

## Child Protection

All Forest School Leaders have up-to-date PVG (Disclosure) checks and are aware of our Child Protection Policy, which is available on request.

## LINKS TO FURTHER INFORMATION

<http://www.forestschoools.com/>

[http://www.foresteducation.org/forest\\_schools.php](http://www.foresteducation.org/forest_schools.php)

<http://www.forestry.gov.uk>



# Forest School



with



# Priorsford PS

## WHAT IS FOREST SCHOOL?

Forest School is about children and young people building self esteem and independence through exploring and experiencing the natural world. Forest School is a long term programme delivered by trained practitioners within a natural environment (not necessarily a Forest). Each Forest School programme is tailored to meet the needs of individuals within that group and is continuously developed as the children/young people grow in confidence, skills and understanding.

Forest Schools originated in Scandinavia as a way of learning about the natural world, and they are an integral part of the Danish early years programme.

## WHERE WILL OUR FOREST SCHOOL BE?

At Priorsford PS we will use the forest at Jubilee Woods as our site for Forest School activities due to it being within easy walking distance from the school.

## KEY FEATURES OF FOREST SCHOOLS

- The use of local woodland and other green spaces
- Experiences are fun and child-led, encouraging exploration and discovery
- Repeated visits are made to the same outdoor environment, over a range of seasons, with the same leader,
- The emphasis is on a partnership in learning
- A high ratio of adults to pupils in small groups
- Learning linked to the Curriculum for Excellence in innovative ways
- A flexible approach that allows for a range of learning styles
- Provides a safe framework for children to make their own discoveries



## KEY BENEFITS

- Through physical activity children develop their stamina, fitness and general well being
- Children learn about the natural environment in a multi-sensory way, how to handle risks and to use their own initiative to solve problems and co-operate with others.
- Children play, learn boundaries of behaviour (both physical and social), and learn to use tools safely; through working with others on these activities they improve their social skills
- Children develop a responsible independence and confidence to take considered risks and initiate their own play and learning
- Research has shown that Forest School helps support the development of self-esteem and self-confidence of individuals

## EXAMPLE ACTIVITIES AT FOREST SCHOOL



### Younger children may experience:

Exploration and discovery  
Games  
Learning knots  
Making pictures out of natural materials  
Minibeast hunting  
Crafts  
Nature Identification  
Den building for woodland creatures



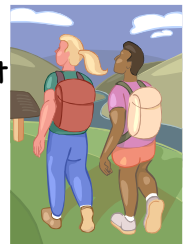
### Older children may experience:

Simple den building  
Campfire building and cookery  
Tool use (Bowsaws, hacksaws, secateurs and potato peelers)  
Learning knots  
Nature identification  
Minibeast hunting  
Crafts using natural materials, e.g. elder beads  
Trail designing (and following!)

## WHAT TO SEND YOUR CHILD IN WITH FOR FOREST SCHOOL?

In order to enjoy Forest School, children need to be dressed appropriately. We will be outside in all weathers! We recommend (even if sunny):

- Sturdy trainers, boots or wellies
- Long trousers & Long-sleeved top (to protect legs and arms from scratches/stings)
- Waterproof jacket & trousers (if possible)
- Water bottle
- Hat (Sun and Winter)
- Sun cream or Winter Hat/Gloves (season dependant)



**Please use old clothes and let your child know that they CAN GET DIRTY!**