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# Forest School Handbook.





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## Introduction to Tanners Brook's Forest School

Forest School was introduced to the UK in 1993 by a group of nursery nurses from Bridgewater College, Somerset. They had visited a Danish Forest School and were so impressed with the ethos and approach that they were keen to develop their own programme. Forest School has been rapidly developing since

**“A Forest School is an innovative educational approach to outdoor play and learning.”**

The philosophy of Forest Schools is to encourage and inspire individuals of any age through positive outdoor experiences. It is an ethos driven, rather than an activity led, provision with the pupils taking a greater responsibility for their learning.

By participating in engaging, motivating and achievable tasks and activities in a woodland environment each participant has an opportunity to develop intrinsic motivation, sound emotional and social skills. These, through self-awareness, can be developed to reach their individual and personal potential.

Forest Schools has demonstrated success with children of all ages who visit the same local woodlands on a regular basis and through these activities can learn about the natural environment, how to handle risks and most importantly to use their own initiative to solve problems and co-operate with others.

The Forest School at Tanners Brook Primary School was established in 2024 on a small, wooded area on the school site. It is run by two Level 3 Qualified Forest School Leaders.

The Tanners Brook Forest School runs during various sessions throughout the school week, all year, going to the woods in all weathers (except for high winds or thunderstorms). Pupils use full sized tools, participate in activities, learn boundaries of behaviour; both physical and social, establish and grow in confidence, self-esteem and become self-motivated. For our first school year all pupils in year 4 will have the opportunity to participate and thereafter we are looking to develop our Forest Schools further in subsequent years. We aim for our children to develop the following skills:

Wellbeing	Self-Awareness
Self-Regulation	Intrinsic motivation
Empathy	Good social communication skills
Independence	A positive mental attitude, self-esteem and confidence



## Forest School Staffing

Forest School Leader: Mrs L Welch  
Forest School Level 3 Practitioner  
Deputy Headteacher  
DSL  
First Aid at work (2 day Outdoor)

Forest School Leader: Mrs L Wareham  
Forest School Level 3 Practitioner  
HLTA  
DSL  
First Aid at work (2 day Outdoor)



## Signature/Review Page

Name	Handbook Read	Date
Mrs L Welch	<i>L Welch</i>	July 2024
Mrs L Wareham	<i>L Wareham</i>	July 2024

Date Document created: July 2024

Review Date: June 2025



## Map of Tanners Brook School Site

Tanners Brook Primary School, Elmes Drive, Millbrook, Southampton SO15  
4PF

Grid Reference: SU 38654 13258

East: 438654

North: 113258

What 3 Words – beam.counts.neat



### **Tanners Brook Primary Forest School Site**

Grid Ref: SU

38654 13258

East: 438654

North: 113258

# Our Forest School Code of Conduct

## **Entering the site**

We will enter the site respectfully and know that when at Forest School specific expectations are in place. We will explore, investigate, learn and play in a manner that will not damage our site. We understand that we share our Forest School with plants and animals and that when we are in our Forest School, we are sharing the environment with them.

## **Boundaries**

Before each session begins children are made aware of how far that they can explore. Children who are known to need 1-1 support are given the support needed.

## **Lighting a fire**

When lighting a fire, the Forest School leader will take control of the operation and all accompanying adults will be briefed before we start. A lit fire will not be left unattended at any point. A fire may not be lit until it has been confirmed to all that our fire safety equipment is in place. Open fires will be built within a fire square.

## **At the Fire Circle**

An open fire will be lit within a fire circle. A fire circle using log sitting stools may be established around the perimeter, 1.5m from the fire square. No one may enter the fire circle perimeter unless invited to do so by an adult. There is no running past the fire circle. No items must be carried and placed within the fire circle unless by an adult. If you wish to move around the fire to a new stool, you must step out of the circle and walk around the outside of the log circle. Even when the fire is unlit, we will treat it as if it is lit.

## **Using Tools**

All tools have their own clear code of conduct for correct use which will include consideration of specific personal protective equipment, correct use of a specific body posture, and consideration of the appropriate types of activity that each tool may be used for.

## **Picking up and playing with sticks**

Children can carry sticks shorter than their arm's length but are encouraged to think about how close they are to other children. Longer sticks may be dragged or carried with the

help of another person when each person is at either end. Sticks must not be thrown. Sticks must not be pulled from living trees.

### **Digging**

Digging large holes is encouraged in a controlled space. Children may carefully move soil to look for insects and their habitats using fingers or small sticks found within the forest, but deep holes should not be made, unless in the appropriate 'digging area'.

### **Collecting wood**

Wood is collected for fire lighting purposes. It is collected in three thicknesses – matchstick sized, pencil sized, thumb sized. This is a good mathematical activity involving sorting and matching. Sticks may be collected for creating pictures and patterns but should be collected sparingly so as not to disrupt creature habitats. Sticks should not be removed from the site and there are resources available within school in the Forest School area for activities where natural resources cannot be found on the site.

### **Eating and Drinking**

Nil by mouth policy (No lick, no pick) for anything found in the area, unless this activity has been specifically planned for during the session. Children must be reminded not to put their fingers or hands in their mouths or noses. When having drinks and snacks children will use wipes & water to clean their hands before consumption.

### **Rope and String**

We encourage the collection and transportation of materials. We do not allow children to tie each other up. If a child has a good idea and wants to tie up something, for example a tarp or a swing, an adult should help them as needed, modelling appropriate knot tying and modelling how to talk through ideas and decisions.

### **Carrying and Transporting Materials**

Children are encouraged to roll, lift, drag and to pull materials, either by using their hands or by using ropes. We encourage safe lifting by bending our knees and keeping our back straight. Safe lifting should always be modelled by adults. Heavier objects should be rolled, lifted, or carried by more people working together.

### **Toileting**

Children are invited to use the toilets before we leave the school buildings. Children will be allowed to return to The Brook building with an accompanying adult. The nearest toilets are in The Brook building.



### **Leaving the Site**

We work according to the ethos 'leave no trace' that we were in the wood as much as is reasonably possible. Shelters should be taken down, imported materials need to be removed. All equipment is carefully counted out and back in again, especially when using tools and tent pegs. Very occasionally large items may be left between sessions. All rubbish will always be removed. If artefacts have been found or made these may be taken off the site with the consent of an adult.

### **Tree Climbing**

An adult must be present when children climb trees in the Forest School. The ground cover should be checked for sharp objects and the tree marked as suitable for climbing. A visual check must be made for loose and rotten branches. Children are permitted to explore to their own limits and not beyond the reach of an adult. Adults should be near enough to catch if a child should fall but far enough away to not be invasive to the children's exploration.

## **Suggested Activities for Forest Schools**

Activities for Forest Schools are diverse and numerous, but it should be reminded that we are trying to create independent learners who are inspired to try out their own ideas, explore their own interests and to attempt new ideas.

Some activities might include:

- Shelter building
- Fire lighting
- Tool use
- Studying wildlife
- Playing team and group games
- Sensory activities
- Tracking games
- Cooking on an open fire
- Using a Kelly Kettle
- Rope and string work
- Art and sculpture work
- Woodland and traditional craft
- Developing stories and drama, and meeting imaginary characters
- Physical movement activities

## **Daily Operating Procedures**

### **BEFORE THE SESSSION:**

- The Forest School leaders will do a daily risk assessment of the area being used and take any action needed to make sure the site is safe before use. The Forest School leaders will also assess the weather conditions and adapt planning as appropriate to the season.
- All resources needed for the session will be checked out by the Forest School leader using the check list.
- All tools will be checked before use by the Forest School leader in line with the tool policy procedure. All tools will be left in a locked storage container until needed during the session.
- Before the session, a session plan form will be completed considering the observations from previous sessions. Staff and any assisting/observing adults will be briefed on the structure of the session and will be made aware of their responsibilities. They will be briefed about activity specific risk assessments for the session and will be made aware of any hazards related to those activities and any measures in place to control the risk.
- Pupils will meet, ready changed at the office ready to start the session. The Forest School leaders will be informed of any absences at this point.

### **DURING THE SESSION:**

- The beginning of each session will follow a similar pattern. Pupils will be responsible for transporting the equipment to the forest school area taking account of correct lifting procedures and appropriate ratios for lifting heavy equipment.
- Forest School safety rules will be recapped, and appropriate boundaries reinforced.
- All adults will make ongoing risk assessments during the session and will be mindful of the well-being of each child reporting to the Forest School leaders if they have concerns about an activity or child.

### **AFTER THE SESSION:**

- All pupils will be called in and will be responsible for returning all the resources to a set location and will be encouraged to do so by the Forest School Leaders.
- The Forest School leaders will check that all the equipment has been returned using the session checklist and the children will transport it back to the storage container where it will be checked back in by the Forest School leaders.

- The children will then go back to the office where they will be dismissed to their class so that their teachers can see them out to parents at the end of the day.
- The Forest School leaders will carry out an evaluation of the session and any assisting adults will give any observational notes to the Forest School leaders to allow them to plan effectively for the next session.

# Equipment for Forest School

In addition to tools suited to the planned for activities, the Forest School leader will always ensure appropriate emergency equipment is nearby.

This equipment will vary depending on the time of year and weather conditions, the site being used, and the planned activities according to the relevant risk assessments and daily risk assessment. The equipment may include:

Trolley/wheelbarrow for transportation	Fire striker / cotton wool / kindling
Spare clear plastic bags and bin liners	Squash, hot chocolate powder and biscuits
Wet wipes	Plastic beakers
Tarpaulins & tent pegs	Plastic plates
Penknife	Disposable gloves
String and rope	Insect repellent (summer)
Pen and paper	Antiseptic hand wash gel
Fire blanket and bucket	Kelly kettle and gloves
Facial tissues and kitchen towel	Drinking water in jerry can
Spare water in jerry can	Tweezers / Tick Remover

## Emergency procedure information

Mobile phone with emergency contact numbers – in school	Emergency procedures in the water-proof folder, including map and site grid references / location information.
Risk assessments	Medical equipment – inhalers / epi-pens as necessary

### **First aid kit**

First aid guidance booklet	Disposable gloves (latex free)
Safety pins	Sterile non-medicated dressings
Eye bandage	Triangular bandages
Eye wash	Cleansing wipes
Instant ice pack	Space blankets
Burn cool	Cling film

### **Activities equipment**

Wood	Paint brushes
Wool/ribbon/string	Glue or paint
Felt-tip pens	Masking tape
Scissors	Cotton sheet
Pots for mixing natural dyes	Clay
ID sheets	Bug pots
Boundary flags	Sit mats

### **Tools**

Toolbox	Potato Peelers
Knives	Splitter (Froe)
Bow Saw	Secateurs

Loppers	Palm Drill
Pruning Saw	Hammer and nails
Screwdrivers and screws	Mallets



## **Cancellation and Contingency Procedure**

Tanners Brook Forest School will take place at the usual site in all weathers except for high winds or a thunderstorm. In winds higher than force 4-5 Forest School will take place on the back field away from the wooded areas. In the event of a thunderstorm outdoor Forest School will be cancelled and an alternative indoor classroom venue will be used.

Forest School will be cancelled if one of the Forest School leaders is absent and if our DBS gardening parent is not available to cover. Pupils will be informed of this by the Forest School Leader and will be asked to attend their normal lesson. Tanners Brook Forest School will also be cancelled if the minimum ratio of 1 adult to 8 children cannot be achieved.

## **Toileting Procedure.**

All pupils will be given the opportunity to go to the toilet before the session starts.

During the Forest School session any pupil needing the toilet will check out with one of the two the Forest School leaders and go to the toilet in the after-school club which is the closest to the woodland area. They will check in again with the same Forest School leader when they return to the Forest School site.

## **Handwashing Procedure**

Clean water in a container will be brought to all sessions along with hand gel and eco-friendly washing soap so that pupils can wash their hands should they need to or before eating food.

## **Litter and Wastewater Procedure**

All waste/litter created by Forest School will be collected for appropriate disposal.

The Forest School Leader will provide waste containers. Anything that can be recycled will be separated and dealt with appropriately.

Single use plastic will not be used whenever possible, and children will help sort items to be recycled.

Fruit peel and other food items will be taken to the hot composter and children will be able to harvest compost for our vegetable beds.

All waste produced or found on site during the Forest School session will be placed within the waste containers

At the end of the Forest School session the Forest School Leader will remove the waste containers for appropriate recycling/disposal

A small amount of wastewater is created at Forest School, from hand washing and washing up. Solid debris is removed from the water for disposal in the waste containers.

The wastewater is then disposed of in the woodland over as wide an area as possible, so it will evaporate quicker.

# Fire Policy

As part of the Forest school experience, it is desirable to have an open fire at times within the woodland to allow the children to enhance their learning and development with some risky activities. Encounters with risk help children to manage their coping strategies and discover and explore the world through real experiences. This policy sets out the guidelines to follow to ensure safe practice is a thread throughout the activity.

Aim To use fire safely as part of the Forest School experience.

## Method

Fires must only be lit after a risk assessment has been carried out and they must only be within the fire circle area. This includes the use of Kelly Kettles. There must always be a trained adult present within the fire circle when a fire is lit or hot embers remain, never leave a fire unattended.

Prior to the fire pit being built the soil or bedrock must have been assessed to avoid a fire being lit on a flammable surface such as peat. The fire should be surrounded by a clear barrier to help determine boundaries. Fires should not be lit close to overhanging branches or on a windy day.

There must be an adequate supply of fire water close to the fire pit to ensure there is enough water available to extinguish the fire if it gets out of control. A fire blanket must be brought into the woodland to wrap round someone if their clothes become alight. Fireproof gauntlets should be kept at the fire area to allow adults to pick up hot items.

Before visiting the area, the children should have had the opportunity to ask questions and be given information about fire safety. When at the fire circle the rules should be demonstrated for the children to see. There should be no more than 2 people, adults and children, within the fire circle next to the fire at any one time. The best position for cooking is on one knee (the respect position) so you can move backwards easily and remain stable. Long hair should be tied back, tassels and ties tucked away, and scarves removed.

## Monitoring of policy

This policy will be reviewed annually but may also be influenced earlier by new research and government guidelines.

## Kettle

The Forest leader may use this to heat water. Never leave the bung in whilst heating water. This is only to be in place during storage to keep the chamber clear from forest debris or insects and minibeasts. Once the fire is going in the Kelly Kettle base carefully add the chimney top to it by holding the handle parallel to the ground and supported on each side by your hands.

When lit, do not stand directly over, or look straight down the chimney. Never blow into the top. When pouring out the water, support the base by holding the bung chain in one hand and the handle with the other. To put the fire out, pour the remaining water into the base. When not in use all tools will be securely locked away in the tool shed. Tools should be checked and cleaned before they are put away. Half termly the Forest Leader will ensure that each tool is thoroughly cleaned and oiled. Wear and tear will be monitored daily.

# Health and Safety Policies & Procedures

The school Health and Safety policy can be found online on the school website or [HERE](#) and it sets out clear statements of intent regarding the Whole School's approach to the health and safety of its children, staff and visitors to the School and the School Site.

Provided below is a list of additional points and measures which relate directly to our Forest School sessions.

There is always a high adult to participant ratio at Forest School, at least 1:8, but generally the enthusiastic parent helpers bring levels closer to 1:5. The high number of adults means that participants can safely experience activities like climbing trees, walking across logs blindfolded, lighting (controlled) fires and using knives that are usually considered too risky in other situations. It also means that Leaders are able to give individuals one-to-one attention when needed, and to lead small group work.

All activities are thoroughly risk assessed before the start of each session and Leaders continue to monitor the safety of the group as activities evolve. There is always a trained first aider present at each session and a written emergency plan to follow.

Participants are also involved in completing their own risk assessments throughout the sessions. This gives them ownership of the process and helps them to be aware of, and calculate, the risks involved in each activity. They are asked to state what risks and hazards they should be aware of and what steps they can take to reduce or mitigate them. For example, they are given flags to mark hazards like brambles and hidden ditches.

## Daily Procedures

To ensure the safety of children and adults attending Forest School sessions, there are certain checks that need to be made before, during and at the end of each session. It is the Forest School Leader's responsibility to ensure that all checks have been completed. This daily health and safety checklist provides a reminder of all daily procedures. This must be used each day.

## Pre-visit checks

- Run through the site risk assessment and amend/update as necessary. Remove all visible litter and faeces.
- Remove obvious trip hazards and mark off areas as out-of-bounds where appropriate.
- Cut any dangerous overhanging vegetation
- Ensure risk assessments are completed for all activities.
- Erect shelter(s).
- Set up Forest School circle.
- Set up hand washing station.

- Check that the forest school rucksack contains all necessary items (see section on Forest School equipment), including all emergency procedure information, a stocked and in date first aid kit, fire blanket and dated fresh water.
- Check you have all the materials and resources needed for the activities you have planned.
- Check that all tools you are planning to use are in good working order.
- Check that your phone is in working order and is fully charged.

#### At the start of the session

- Take register and head count.
- Remind children about physical boundaries (use visual cues when needed) and that they must stay within these. In the first sessions, and at the beginning of each session play a game to reinforce this.
- Remind children how they should behave and how to stay safe on site (see site risk assessment).
- Explain the need for any additional and specific safety requirements.

#### Throughout the session

- Be vigilant.
- Remind children of how to stay safe by highlighting potential hazards (see individual activity risk assessments), reminding them of the boundaries and asking that they make an adult aware of any possible hazards that they spot.
- Carry out regular head counts at the start of activities and at break time.
- Take photos and make observations of individual children.

#### At the end of the session

- Carry out a final head count and escort the group back to the school.
- Count and pack up all equipment.
- Count and pack up all resources.
- Clear fire area and make safe. Remove ash and cover over the site of fire.
- Evaluate the session.



# Risk Assessments & Risk Benefit Assessments

Policies are available at request from the school office.

Risk Benefit Assessments relate to activities that may be undertaken at Forest School.

A Risk Benefit Assessment is completed for activities that contain a significant element of risk. It is acknowledged that certain activities have higher levels of risk than others, but also that there are still plentiful learning opportunities to be had in these risky moments. A Risk Benefit Assessment weighs up the risks of the activity, with the benefits of the activity. It allows practitioners to decide if the benefits are worth the well-managed risk. An example of a Risk Benefit Assessment in action would be when considering whether or not to allow children to light a fire. The activity is inherently risky, but when controlled well, the risks are outweighed by the potential positive benefits.

## Food safety and cooking procedures

Food and drink preparation and sitting together whilst eating and drinking are important parts of Forest School. The procedure has been devised using Governmental guidelines. We will provide hand washing facilities at each session where food and/or drink is prepared and will ensure that all staff, volunteers, and participants follow the Forest School food hygiene rules.

## Forest School food hygiene rules

Everyone involved in Forest School should be involved in food safety and follow the food hygiene rules below. If you spot a problem, please point it out to the Forest School Leader. When involved in food and drink preparation you should:

- Wash hands before and during cooking.
- Not handle food if they are ill with stomach problems, such as diarrhoea or vomiting.
- Cover sores and cuts with a waterproof dressing.
- Avoid handling food when possible, and instead use spoons, tongs or other suitable implements.
- Tie hair back.
- Keep food that is waiting to be cooked separate from food that is ready to be eaten.
- Use separate chopping boards for preparing different foods, especially raw and ready-to-eat food.
- Prepare food on a suitable surface, e.g., chopping board, cup, saucepan and not on the ground.
- Ensure food is cooked thoroughly before serving. Food should be cooked right through and piping hot in the middle.
- Not reheat food more than once.

- Keep utensils clean and regularly wash tea towels and cloths.
- Store food in clean plastic containers with non-leaking lids.
- Avoid single use plastic where possible.
- Take all rubbish and food scraps away with them at the end of the session to avoid attracting vermin to the site. Use hot composter to dispose of food waste.

#### Food allergies and special dietary requirements:

Participants are asked to state any food allergies and special dietary requirements they may have on their Parental Consent and Medical form. This information will be used to plan what food and drink to provide during sessions, ensuring that the food and drink provided is suitable for all.

## Risk Assessment Guidelines

A SITE risk assessment is undertaken by leaders and a DAILY risk assessment and check is made prior to every Forest School session at our Forest site.

In addition, an ACTIVITY risk assessment will be established prior to any activity that may require it.

These will include whittling, cutting wood, shelter building, fire lighting and cooking on an open fire, and palm drilling.

Specific additional risk assessments will be undertaken for children whose medical condition or whose behaviour requires them.

The risk assessment process is detailed below:

- We look for potential hazards.
- We decide who might be at risk of harm.
- We think about how harm may occur and the worst outcome that we could face.
- We evaluate the current level of risk.
- We decide on a course of action or set of precautions that will be put in place to minimise the potential risk.
- We then re-evaluate the level of risk once our course of action and precautions have been put in place.
- We create a risk assessment and collate them in the Forest School file.
- We inform all adults accompanying the group and require them to read each relevant risk assessment and ask resulting questions.
- We regularly monitor and review each risk assessment, termly and revise action as needed.

# Emergency Procedures Tanner Brook Forest School

## Emergency Action Plan-Non-Hospitalisation

### In the event of a Medical Emergency

All staff to be made aware of the Emergency Action Procedure and their roles.

At least one first aider must be always on site.

All staff to carry a charged mobile phone to maintain contact with the school should an emergency arise.

Full first aid kit and emergency bag to be taken to all sessions.

1. Ensure the group are not in any danger. Call group in and stop all work and activities if it is safe to do so.
2. One of the two Forest Schools leaders or an assisting adult (if present) to assemble and register remainder of group and remove to a safe location away from further danger.
3. Qualified First Aider (Forest School Leader) to assess the casualty and make comfortable/administer appropriate first aid. Minor injuries such as cuts, bumps and grazes may be treated on location by the first aider. For more serious injuries if the casualty is unable to walk assisting adult or Forest School leader to phone reception for qualified first aider to assist in removal of the pupil to the medical area. If casualty can walk Forest School Leader to phone reception to advise that they will be walking, accompanied, to the medical area for further treatment if needed.
4. All student injuries will be noted on the First Aid book. For a head injury the qualified first aiders in the school office or the Forest School leaders will advise parents/guardians via a telephone conversation and the parents/guardians will decide on the next course of action.
5. Forest School leaders to update qualified first aider in reception of any pupils treated on the Forest School site at the end of each session.

**Direct Number to School**

Reception - 02380 771659

Emergency Procedures Tanners Brook Forest School

## Emergency Action Plan Removal to Hospital

### In the event of a Medical Emergency

All staff to be made aware of the Emergency Action Procedure and their roles.

At least one first aider must be always on site.

All staff to carry a charged mobile phone to maintain contact with the school should

an emergency arise.

**Full first aid kit and emergency bag to be taken to all sessions.**

1. Ensure the group are not in any danger. Stop all work and activities if it is safe to do so.
2. One of the two Forest School leaders or assisting adults if present, to assemble and register remainder of group and remove to a safe location away from further danger.
3. Qualified First Aider to assess the casualty and make comfortable/administer appropriate first aid, other First Aider to phone for assistance from the office to come to location and support.
4. Emergency services to be called by a Forest School Leader or member of the office, giving correct location of school and area of woodland being used ([School postcode SO15 4PF](#)). Same adult helper to be dispatched to meet ambulance on arrival and guide them to the area of woodland where the casualty is situated.
5. Parents/guardians will be contacted by the office and an Internal Student Accident Report Form (see First Aid Policy Appendix 2) will also be completed as soon as possible after the incident. A copy of the Internal Student Accident Report Form will be added to the student's educational record.

**Direct Numbers to School**

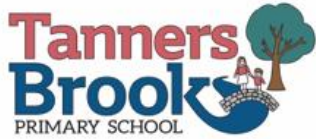
Reception - 02380 771659

## Using and Storing Tools

All tools are counted out and back in at the beginning and end of each session in which they are used. When not in use in the Forest they are kept secured away in a locked area. Before each tool is to be used it will be checked for damage and working order.

Each tool type is kept in their own suitable containers, many of which are also lockable. Children must never be allowed to help themselves and will always have adult supervision when collecting, transporting and using tools.

Tools are only used for a specific purpose. All adults should model correct and safe tool use, storage and transportation at all times. When using a tool, they are used well away from others in the group, (two arm's length and the tool length) and ensuring that others are aware that a tool is in use. Only walking is permitted when transporting a tool.



Dear Parents,

We are now able to run a Forest School within the school grounds. It is planned that this year 2024-25 that all year 4 children should have a 'Forest School experience'.

The Forest School Leaders are Mrs Welch and Mrs Wareham.

Please read the following important information and contact us with any questions.

### **Information about Forest School**

Forest School is run by trained Leaders and aims to build up children's skills, abilities, and confidence week by week through practical hands-on activities in the outdoors. It gives them the chance to explore, learn and discover at their own pace in a safe and supportive space.

Forest School uses natural resources to stimulate imagination, creativity and investigation.

Activities can include:

- Woodwork using tools, e.g., making musical instruments, jewellery, decorative items
- Natural art
- Fire lighting
- Using knots and lashings
- Shelter building
- Bug hunts

There are many benefits to Forest School.

For example, it can:

- Develop physical abilities and help participants to stay active and healthy.
- Heighten self-awareness and improve emotional and social skills.
- Promote cooperative and group working.
- Encourage children to take care of themselves and others.
- Foster care, appreciation and respect for wildlife and wild places.
- Broaden knowledge and understanding of the natural world.

### **Safety at Forest School**

There is always a high adult to participant ratio at Forest School. At least 1 adult to 8 children.

All activities are thoroughly risk assessed before the start of each session and Leaders continue to monitor the safety of the group as activities progress.



There is always a trained first aider present at each session and a written emergency plan to follow.

#### Who will be running the Forest School sessions?

Sessions will be overseen by Forest School leader Mrs Welch or Mrs Wareham. They will be assisted by school staff or DBS qualified parents.

#### What your child needs to wear for Forest School.

The Forest School sessions will take place entirely outside in the school grounds whatever the weather. We will provide a shelter from the elements, but it is still important that your child wears clothes that are waterproof and warm and that are OK to get wet and muddy.

Please ensure all clothes, boots and bags are named.

Your child should wear:

- Waterproof coat
- Waterproof trousers (if they own a pair)
- Wellington boots (or sturdy walking boots)
- Comfortable long trousers
- Comfortable, warm long-sleeved top or fleece
- Long sleeved T-shirt.
- Thick socks if the weather's cold - thermal if possible or two pairs of thinner ones.

#### **It may be wise to provide spare clothes in a named bag on very damp days.**

For warmer weather please provide a sun hat, sun cream and suitable loose clothing.

Due to the nature of Forest School and the time spent outdoors, it is possible that children may encounter Ticks. Information about to do if a tick is found on your child's body can be found on this NHS website [TICKS](#).

The dates that your children will be attending Forest School will follow on a separate document.

We hope that the children are as excited as we are!

Mrs Welch and Mrs Wareham

## Appendices:

Since we are teachers and based on the Tanners Brook primary site, we will adhere to the school policies with regards to safeguarding, behaviour, SEN and equal opportunities.

These policies can be hyperlinked from the school website below:-

[Child protection and safeguarding](#)

[Anti-bullying](#)

[Behaviour](#)

[SEN](#)

Or from the HISP trust website below: -

[Whistleblowing policy](#)

[Equal opportunities](#)