

What clothing will my child need?

There is no such thing as bad weather only bad clothes!

Forest school should be able to go ahead in almost all weathers if the children have clothes that will keep them warm and dry.

Children will need their water proof trousers and coat.

An old long sleeved top and trousers are recommended in all weathers to protect from scratches and stings. Light layers for cooler weather.

Sturdy footwear that covers the toes e.g. walking boots or wellies.

Sun hat for warm weather and woolly hat for cold weather.

Sun cream and insect repellent must be applied before nursery by parent or carer.

How can I help my child get the best from Forest School?

Forest School is a lot of fun! We all get mud on our coats, grass stains on our knees and leaves stuck in our hair, but we are washable!

Forest school takes place in all weathers except unsafe conditions such as high winds. In our Orchard we encourage children to “meet the risk” in a safe manner, every child is given the opportunity to try something new with close support.

Forest School creates a unique environment which is inclusive and safe.

Who will be there?

At St Giles Nursery School our sessions will be run by Miss Breward a Level 3 Forest School Leader in training.. Miss Breward is also trained in first aid and is experienced in working with children of varying ages across the nursery.

To begin with our sessions will be called ‘Orchard Adventures’ with ‘No tools or Fire’ until Miss Breward is fully qualified.

All sessions will be supported by your child’s Key Person. All other adults supporting sessions are DBS checked.



**Miss Breward
Forest school Assistant Level 2
Forest School Level 3
Leader in training.**

***“The best classroom
and the richest
cupboard is roofed only by the
sky”***

Why is Forest School good for my child?

So what are the benefits?

The Forest School approach supports all areas of a child's development.

- Supports physical development & stamina.
- Builds self-esteem, confidence & independence.
- Develops problem solving skills & risk awareness.
- Helps to build positive relationships.
- Promotes good mental health & wellbeing.
- Supports children in communicating and collaborating with others.

Children will also be able to practice and use their



literacy and numeracy skills, as well their speaking and listening skills which are very important. Every forest school session is designed specifically to meet the needs of the group so will provide your child with an individually tailored program to help them develop and enhance their Early Years Foundation Stage curriculum.

Where did Forest School come from?

The original "Forest Kindergartens" were created in Denmark.

The Forest School model was introduced in the UK in 1995 and since then it has spread around the country.



Where will the children go?



We are very fortunate to have our very own beautiful St Giles Nursery orchard to use each day as our Forest School site.

What will the children be doing?

- Den building using natural materials, tarpaulins and ropes.
- Discovering and exploring our orchard flora and fauna.
- Tree climbing.
- Craft activities using natural resources.
- Using tools such as loppers, secateurs, bowsaws and palm drills (after training)
- Experiencing the magic of a campfire, singing songs and telling stories
- Exploring our Forest School orchard area within the set boundaries.
- Games and activities that support social and emotional development.
- Jumping in muddy puddles !

