Why not take a look at www.heartofenglandforest.com



Thank you for taking the time to read this leaflet.

We thoroughly enjoy using our Forest School environment and know the children do too!
For further information, please don't hesitate to contact the school on:

01789 205092

or via the school website:

www.bridgetown.warwickshire.sch.uk

Forest School Kit

In order for your child to fully participate safely in our Forest School sessions, it is essential that they are correctly equipped. Please ensure that on their Forest School day the children wear and bring the appropriate clothing...



named wellies EVERY week, in a plastic carrier bag.

long trousers for protection.





long-sleeved t-shirt / top (ALL seasons, to protect from scratches, sun etc.)

warm jumper, hat, gloves and scarf (when colder weather)









warm coat (when colder weather)





In summer months, we ask that sun cream is applied at home and that the children bring along a sun hat.
Children are still required to wear long sleeved tops and full length trousers in extreme temperatures, to Forest School. This is to not only protect from the sun but to also protect the children from cuts and grazes. Thin, lightweight fabrics are sufficient.

Please could children wear sensible shoes to school and bring a named carrier bag to take wellies home. All items must be clearly named and clothing worn may well come home **dirtied, so please no best clothes!**
Thank you.
School has a class set of waterproof coats and trousers that the children can wear over their Forest School clothing, for when the conditions are wet.

Bridgetown Forest School

What is Forest School?

"Forest School is an inspirational process that offers children, young people and adults regular opportunities to achieve and develop confidence and self-esteem through hands on learning experiences in a local woodland environment "
Forest Education Initiative (FEI)

Based on a Scandinavian idea of embracing the outdoors as a learning environment, Forest School involves children and young people working with a qualified Forest School Leader in a local woodland setting or on a designated Forest School site. Some sites have been developed on school grounds and we are one of those schools that are lucky enough to have a dedicated space for forest school.

The children follow their usual curriculum, **but in an outdoor context**, using learning and teaching strategies which **raise self-esteem and develop confidence, independence, language and communication** skills.

The Forest School Leader works to carry on themes looked at in the classroom, into the woodland.
The Forest School sessions are not an 'addition' but are part of the children's learning experiences, part of their school week. Sessions can take place throughout the year, all seasons and all weathers unless it is dangerous for the session to take place (i.e. high winds and lightning).

The Benefits

Children and young people are stimulated by the outdoors and typically experience, over time, an increase in their self belief, confidence, learning capacity, enthusiasm, communication and problem-solving skills and emotional well-being.



At Forest School children are physically active a lot of the time and their stamina improves as they go through their Forest School sessions. Their experience can also help to lead to the development of healthier lifestyles as children ask parents to take them on trips to woodlands and green spaces outside of school times. As the children gain confidence and improve their self-esteem, this can impact on their emotional and mental well-being.

The 'wild', and yet controlled, safe environment of Forest School ensures that children taking part, naturally learn to assess risk and are encouraged to make sensible and informed decisions about how to deal with unfamiliar and unpredictable situations (such as exploring or building shelters and dens). Much of the learning for a child comes as a result of the opportunities they have for testing their own abilities in a real life context.



Forest School sets learning in a different context for children where they can undertake a range of practical activities and carry out small achievable tasks. At Forest School children can develop their team working skills and also learn to become more independent. Those who are unfamiliar with woodlands and green spaces can become confident in using them and this can form the basis of a life -long relationship with natural spaces.





Making a Positive Contribution...

Forest School helps children to develop their confidence. As they become familiar with Forest School they can take their new-found confidence into school and into other areas of their lives. Forest School can be particularly effective for children who do not do well in the classroom environment. Children learn to solve problems and be creative and imaginative at Forest School thus showing enterprising behaviour.



Mrs. Bishop and Mrs. Newman have acquired their Level 3 Forest School leader qualification. Having obtained this, they are able to lead groups in the use of tools and having small camp fires! The use of tools will only be used if tasks require and camp fires will be earned through showing respect and safe behaviour.

Children will need to come to school appropriately dressed for these sessions (see **'Forest School Kit'** section of this leaflet). Please send your child to school dressed in their forest school clothes, on their forest school day.



Our Forest School is a safe and secure environment and we do not anticipate there being any particular problems but we do ask, just in case, that you
ensure your emergency contact details and any relevant health information about your child are up to date with the school office.
Thank you.



Please ensure that you have given your consent on parent pay, for your child to attend the forest school sessions during the school day.