



Forest School- A Guide for Parents / Carers

'Forest School' is a Scandinavian concept where the learning is outdoor based. Many forest school activities evolve from the children's interests, ideas, and the natural resources found in our grounds. Next academic year, Year 6 sessions will be on Tuesday afternoons for the entire Autumn term.

The outdoor sessions promote confidence, self-esteem and independence. At South Hill, we are passionate about developing the whole child and in using our amazing grounds to enhance learning. Benefits of forest school sessions include increased confidence, improved behaviour, improved concentration, independence, and development of social, emotional and physical skills.

Forest school is all about exploring and experiencing the natural world through practical activities. The children go outside in all weathers, exploring and learning from the seasons and environment changes. Natural resources stimulate creative thinking, problem solving and skill development, all in the guise of play. The children also learn to care for the environment and appreciate the seasonal changes, developing an empathy for wildlife.

Most importantly, alongside the learning, the children have fun!

Activities include natural art, shelter building, fire lighting, whittling ,tool use and bug hunting.

To ensure your child has a positive experience, it is important that appropriate clothing is provided. A waterproof jacket and trainers or wellies are ideal as these can be worn with the school uniform. In colder weather, please provide hats and gloves and on hot days, a sun hat and sun screen.

Your child's sessions will take place on alternate weeks. Fifteen children will participate at a time with two sessions on each afternoon. The dates are listed below. I look forward to the forest school sessions and I can't wait to share some of our creations and discoveries with you all!

Caroline Evans

Forest School Leader

Class	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Sycamore	Tues 13 th Sept	Tues 27 th Sept	Tues 11 th Oct	Tues 1 st Nov	Tues 15 th Nov	Tues 29 th Nov	Tues 13 th Dec whole class session
Hazel	Tues 20 th Sept	Tues 4 th Oct	Tues 18 th Oct	Tues 8 th Nov	Tues 22 nd Nov	Tues 6 th Dec	Tues 13 th Dec whole class session

N.B. Please note dates are subject to change if there are school diary amendments and we will inform you of this if this is the case.