



## 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.

Forest School learning is lifelong with minimal rules. Children are encouraged to become more responsible for each other and themselves. Here at South Hill the children in Early Years classes participate in forest schools all year round on Wednesday afternoons.

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, sensory trails, mini-beast identification, plant identification, bird watching and making bird feeders, mud mixing, clay faces and colour hunts.

To ensure your child has a positive experience, it is important that appropriate clothing is provided. An all in one waterproof suit or waterproof jacket and separate waterproof trousers (sometimes more practical for toileting!) are ideal as these can be worn over the school uniform. In colder weather, please provide hats and gloves and on hot days, a sun hat.

Your child's sessions will take place on alternate weeks. The dates are listed below. I look forward to the forest school sessions and 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
Wrens	Weds 14 <sup>th</sup> Sept	Weds 28 <sup>th</sup> Sept	Weds 12 <sup>th</sup> Oct	Weds 2 <sup>nd</sup> Nov	Weds 16 <sup>th</sup> Nov	Weds 30 <sup>th</sup> Nov	Weds 14 <sup>th</sup> Whole class session
Robins	Weds 21 <sup>st</sup> Sept	Weds 5 <sup>th</sup> Oct	Weds 19 <sup>th</sup> Oct	Weds 9 <sup>th</sup> Nov	Weds 23 <sup>rd</sup> Nov	Weds 7 <sup>th</sup> Dec	Weds 14 <sup>th</sup> Dec Whole class session

- **Your class teacher will confirm the names of the children in each group.**
- **Please note dates are subject to change according to the school calendar.**