



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. Here at Southhill we are delighted to be able to offer forest schools sessions to every child through the academic year. Next academic year, Year 5 sessions will be on Monday 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, 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
Oak	Mon 12 th Sept	Mon 26 th Sept	Mon 10 th Oct	Mon 31 st Oct	Mon 14 th Nov	Mon 28 th Nov	Mon 12 th Dec whole class campfire
Silver Birch	Mon 19 th Sept	Mon 3 rd Oct	Mon 17 th Oct	Mon 7 th Nov	Mon 21 st Nov	Mon 5 th Dec	Mon 12 th Dec whole class campfire

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.