

Wheatfield Primary School



Forest School Handbook



Created by Alice Baker

2019

If you go down to the woods today...



What is Forest School?

The History

- Draws inspiration from early education pioneers such as Susan Isaacs, Margaret McMillan and Montessori.
- Strong links to Scandinavian countries such as Finland and Denmark who run similar outdoor sessions.
- Began to emerge in UK in the 1990's and has continued to gain momentum ever since.

The Basics

- Fresh air and exercise
- Spiritual, physical, intellectual, communication, emotional, social
- Opportunity to take 'safe enough' risk
- Supports building and developing friendships and other personal, social and emotional skills
- Develops knowledge of the environment and language of the environment
- Builds and develops language through storytelling and role play.

Why Forest School and the Forest School Way

- Forest School is an inspirational process, which offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees.
- Forest School is a specialised learning approach that sits within and compliments the wider context of outdoor and woodland education.

- Forest School provides opportunities for children to be outside, to take safe risks, to be free and to explore the world around them.
- The beauty of Forest school is that there is no set agenda; you are led by the child through their interests with a child centred approach embedded.
- This is achieved by setting small, achievable tasks where children feel empowered and successes are attainable.

Forest School at Wheatfields

The Forest school sessions will take place on school site at Wheatfields Primary school, St Ives - 'Wheatfields Woods'.

The school is set within the Burleigh Hill Housing Estate to the north of St. Ives town.

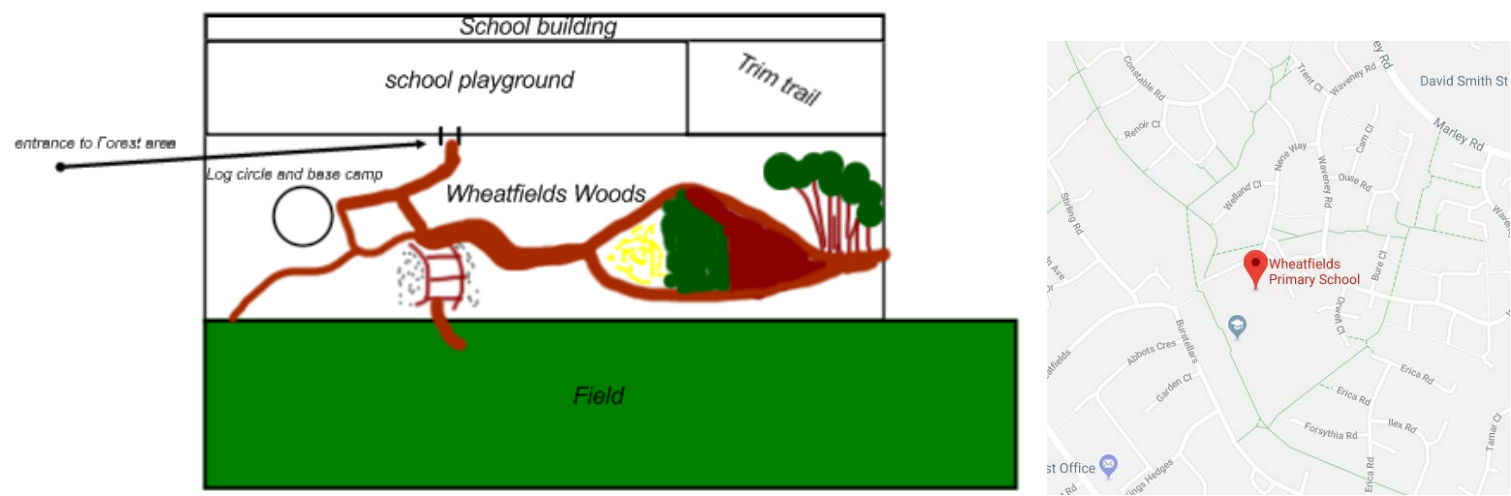
The area used for Forest School sessions was set up on school grounds with support from a County Forest School Advisor several years ago.



OS X (Eastings) 531314

OS Y (Northings) 272849

The Site manager has maintained pathways and areas and has a system in place for ground maintenance which includes the forest area and there is a three year sustainability plan in place.



Flora and Fauna on Site

The area has several well established trees and plants and space for a few more to be planted to the left of area. Below is a list of some of the species of flora and fauna native to our Forest site.

Woodland Identification						
Flora	Trees	Silver Birch	Apple	Holly	Pine tree	Hazel
		Twisted willow	Apollo fir tree	Spindle Tree		
	Plants	Mint	Lavender	Thyme	Daffodils	Narcissus
		Ivy	Tulips	Grape hyacinths	Bamboo	Bramble
		Little leaf boxwood	Giant knotweed	Sticky weed	Tall fescue grass	Sage
Fauna	Birds	Robin	Blackbird	Bullfinch	Wren	house sparrow

		Wood Pidgeon	Collared dove	magpie		
	Mammals	Squirrel				
	Insects	Snails	Ladybirds	Spider	Woodlouse	Butterflies – monarch,
		Earthworm	Bee			

Forest Site Checks

Forest School has a thorough site risk assessment in place and before every session a site check is carried out.

When sessions involve use of tools or a fire relevant risk assessments are also in place and should be read and adhered to by all adults involved to ensure that activities can be carried out in a safe way.

Forest Safety equipment

Each Forest session will require specific equipment which will vary based upon activity and some equipment that is needed for every session.

Every session will require:

- A fully stocked first aid kit
- Walkie talkies
- Box for medical needs of group –inhalers, epi pens etc.

Forest School Clothing

There is no such thing as bad weather, just bad clothing'

Forest school sessions happen in every season as it not only builds upon a child's understanding and respect for the changes in the natural world but it supports resilience and embeds learning. For these reasons Forest Sessions will take place in all weathers, bar strong winds and storms for health and safety purposes.

Clothing and equipment for every Season

Season	Clothing	Personal, protective equipment/ Kit
Spring	Thin, light layers- covering arms and legs. Covered, sturdy shoes, rain coat and waterproof trousers. Sun hat if needed.	thick gardening gloves/ loppers for coppicing Water bottles bug hunting kit
Summer	Thin, light layers- still covering arms and legs. Covered, sturdy shoes. Sun hat, sun cream, insect repellent.	Rope and tarpaulins to provide shade. Water bottles.
Autumn	Several layers - tights, leggings, long sleeve top, jumper etc. Warm hat, scarf and gloves. Covered, sturdy shoes/wellies, Waterproof trousers and coat.	Bow Saw – create firewood Gloves Rope and tarpaulins to provide shelter Burns kit and fire bucket, fireproof gloves Water bottles /hot drinks

Winter	Several layers - tights, leggings, long sleeve top, jumper etc. Waterproof trousers and coat. Warm hat, scarf and gloves. Covered, sturdy shoes/wellies	Bow Saw – create firewood Gloves Rope and tarpaulins to provide shelter Burns kit and fire bucket, fireproof gloves Water bottles /hot drinks
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Wet Weather Options

We will endeavour to go out in any weather and that includes heavy rain!

Firstly we will ensure that all the children have appropriate clothing – layers, wellies and waterproofs. We do have some we can loan out to the children but ideally they need to have their own which can be stored at school.

As there is limited natural shelter from trees in the forest area a temporary shelter will be erected with a tarpaulin underneath.

Toileting and handwashing

As our Forest area is on school site children are able to access school toilets with relative ease.

Before heading out to the area the children all go to the toilet.

Once in the area if they need to go to the toilet they notify a forest adult who lets the classroom adult know. Once they have finished they return to the forest site and notify the forest adult of their return.

Antibacterial hand sanitiser, a sink, bottled water and tissues are taken across to the Forest site for basic hand cleaning on site. If a more thorough wash is required the child will return to the nearest classroom.

A 'typical' Forest School Session

There isn't one! Every session is different, led by the child's interests with some 'hooks' if needed.

- Sessions are led by Alice Baker, Level 3 Forest School trained, Outdoor first aid trained. Thorough site risk assessment carried out. Additional first aid trained member of staff as minimum- ratios dependent on activity
- Each session starts and ends in the log circle
- At the start of the session the children remind each other of the rules – emergency whistle, boundaries etc. We may explore boundaries with a game such as 1, 2, 3 where are you.
- We sometimes share a talking point for example what could we use a stick for – it's not a stick it's a witches broomstick!
- Children then set their own agenda – bug hunting, climbing, role play, fairies village...the list goes on!
- We always end a session with a magic moment and some sort of reflection or chat about what we have done, learnt, played etc.
- Children are given opportunities to follow up the forest learning/ethos in classroom setting – reflecting through pictures or by using their collections to make transient art or explore their findings more with magnifiers.



Example of Session for EYFS

Brief Summary of Activities	Learning Objectives	Follow up in Class
<p>Week One</p> <p>rules of forest and boundaries – 1,2,3 where are you</p> <p>Handful of sounds</p> <p>Magic moment</p>	<p>Children will be able to identify the boundaries and become more familiar with the forest area.</p> <p>To develop listening skills and awareness of sounds in the environment around us</p> <p>Free play to allow natural curiosity and exploration within set boundaries.</p> <p>Allows moment of self-reflection, encourages children to reflect of session or days experiences.</p>	<p>Children to get in to the habit of getting their belongings for the forest (water bottle, wellies etc.) and organising themselves once returned from forest session.</p>
<p>Week Two</p> <p>rules of forest and boundaries – 1,2,3 where are you</p> <p>Storytelling – 3 little pigs/ it's not a stick</p> <p>Magic moment</p>	<p>To remember boundaries and how to stay safe in the forest area</p> <p>To model and develop storytelling language using the natural setting</p> <p>Free play to allow natural curiosity and exploration within set boundaries.</p> <p>Allows moment of self-reflection, encourages children to reflect of session or days experiences.</p>	<p>Use sticks in classroom to continue storytelling – what else could it be?</p> <p>Read book 'it's not a stick' for some ideas</p> <p>Children to make own signs for display in forest area 'it's not a stick it's a....</p>

Emergency Action Plan for Forest Sessions

Whilst we aim to anticipate all possible accidents and incidents there is an emergency action plan in place in the unlikely event that a serious accident occurs.

- Each session has an outdoor first aid trainer and an additional adult who is also first aid trained.
- Walkie talkies are in use; 1 in EYFS classroom held by lead adult, 1 in forest session with lead adult.
- A first aid Box complete with any items relating to specific medical needs of group e.g. – diabetic bag, inhalers, epi pens is taken to site.

In the event of a serious accident occurring:

- Lead Adult will blow the whistle 5 times which the children are trained to know means an emergency situation and to return to base camp immediately.
- Lead adult will stay at accident site to administer first aid and support. Additional adults will return to base to gather other children and take a head count.
- Additional adult will use walkie talkie to get in touch with classroom adult. In the event the walkie talkies fail 2 children can be sent across playground to get additional help.
- Classroom adult will send an additional adult to Forest site and contact the emergency services. School office will be notified and will call parents and arrange gates to ensure access for emergency services.
- Once additional adults arrive at Forest area the rest of the Forest school children will return safely to the classroom whilst lead adult and additional adult wait with casualty at accident site until emergency services arrive.