

# Welcome to Langley Forest School



# What is Forest School?

“Forest School is a child centred learning approach that offers all learners opportunity to achieve, developing confidence and self esteem through hands on experiences in a natural setting.”

The Forest School Association

At Langley Forest School we aim to allow our children time and space to explore the natural world around them. We aim to promote self confidence and self esteem and encourage independence, resilience, self motivation and pride in our achievements.

We also encourage:

-  Interaction
-  Creativity
-  Sharing and turn taking
-  Looking after each other and the environment
-  Learning through play
-  Concentration
-  Taking on challenges
-  Risk taking in a safe environment
-  Enjoyment
-  Sensory regulation
-  Communication
-  Reflection

Forest School is a unique environment that allows our children to develop their own ways of learning and growing. Many children who have difficulties learning indoors often find it easier learning in Forest School. They are able to regulate their emotions better and challenge themselves in new ways. They shine and often surprise us with their creativity.

Forest School allows children to learn cooperation, independence and self motivation. We encourage every sort of learning and celebrate all their achievements, however big or small.

# Our Forest School

At Langley, our Forest School site is directly off our playground, going into the Butter-Bee garden and out into the Forest. Our weather proof clothing is stored in Hollies. Most of the time we go there to get changed before going into the Forest, sometimes we will get changed in our classroom.

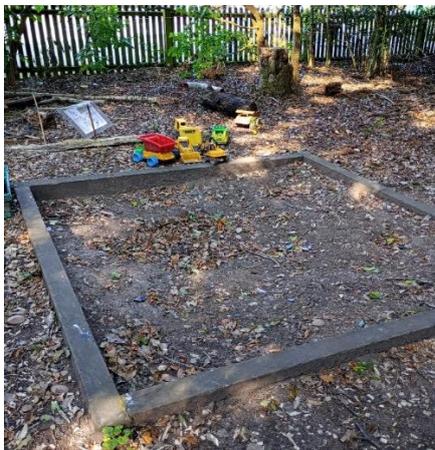
We have lots of areas to explore while we are in Forest School



Fire Circle



Activity Area



Digging Pit



Obstacle Course



Mud Kitchen



Swings

We can also:

- 🌳 Play in the play house
- 🌳 Climb trees
- 🌳 Sit in the quiet area
- 🌳 Do craft activities
- 🌳 Make bug hotels
- 🌳 Hunt for minibeasts
- 🌳 Swing in the hammocks
- 🌳 Make music
- 🌳 Collect leaves and sticks
- 🌳 Help to look after our forest
- 🌳 Explore and discover
- 🌳 And have fun!

There is so much to do in Forest School, we can choose whatever we want to do that session and have fun learning and playing together.



# Forest School Rules

We have 3 rules in Forest School:

- 🌳 To look after ourselves
- 🌳 To look after each other
- 🌳 To look after nature

We are encouraged to follow these rules while we are in the Forest.

## Fires and Tools

As part of Forest School, we will use tools and make fires. This will happen when the Forest School Leader feels that the children are ready and will be safe.

It is obviously a very exciting session but there are rules that we must learn before using tools and making fires.

Some of the most important fire safety rules are

- 🌳 Always walk around the outside of the fire circle
- 🌳 Step in and sit down
- 🌳 Never walk between the fire and the seats
- 🌳 Only approach the fire if asked to by the Leader
- 🌳 Kneel down when helping to feed the fire



When using tools, we will have a tool talk so we understand how to use them properly and safely. Tools will be use on a 1:1 basis with an adult. We will learn to use hammers, drills, loppers, secateurs and bow saws and how to be safe using them.



We always use safety equipment and remind the children of the rules before every session. All tools are stored away safely when not in use. The children enjoy using tools to make craft items and to help maintain our forest.

All aspects of safety are covered in the Forest School Health and Safety policy. We have risk assessments for every aspect of Forest School including tool use, fires, the site, weather conditions and all activities. There is always a first aid kit on site and the Forest School Leader is a qualified first aider. We have an emergency action plan in place to cover every eventuality.

Our Forest School Leaders are:

Deb Smith

Michele Richards

Beth Horton

All Level 3 Forest School trained and supported by class staff. There is always a high ratio of adults to children when out in the forest.

Classes participate in Forest School weekly for a whole term on a rotating basis. They will attend for either a morning or afternoon session.

During sessions we:

-  Change into our waterproof clothing
-  Sit in the log circle to introduce the session
-  Enjoy activities such as crafts, creating pictures, making bug hotels
-  Have fun during free play
-  Play games
-  Have a drink and a snack
-  Reflect on what we did in Forest School

If you have any questions please get in touch, we are more than happy to have a chat.

Please remember to check [Class Dojo](#) so you can see what your children have been doing and learning in the Forest. We will also update the [Forest School Blog](#) on the school website every half term.

