

# The importance of our Forest School approach at Etching Hill

Forest school is a unique way of building independence, self esteem and a positive attitude to learning in a natural environment.

It gives children a sense of freedom and a responsibility to manage their own risks, increase life skills, communication and listening skills and to be able to work well in a team.

Forest School enhances children's knowledge of plants, trees, lifecycles as well as giving the children valuable life skills such as working with tools, shelter building and managing fires in a safe way, personal and food hygiene as well as cooking food in a natural environment.

The children learn to problem solve, express their creativity and identify their own strengths.



## **Clothing** Morning Sessions only Every child arrives at school in their full kit. Morning in the forest and afternoons in the classroom

Every child arrives at school in their full forest kit. They will also need a packed lunch, Plastic bag for outer clothing and wellies,  
a spare change of clothes ,  
slip on/valcro shoes,  
and a coat for afternoon nursery.

### Kit list

#### Winter

Warm clothing ( the secret to keeping warm is to layer your warm clothing)

Waterproofs - padded suits (children use for skiing), they keep the children warm, dry and happy.

(The thin waterproofs are only for the summer months.)

Hats, snoods NO scarves

Gloves - Waterproof gloves/mittens are the best ones

Thin pair of socks and thick pair on the top of them)

Wellies or walking boots

Long trousers at all times

Long sleeved tops at all times

#### Summer

Waterproof suits or waterproof trousers and jacket

Sun hats, sun lotion.

Long trousers

Long sleeve tops

No t shirts or shorts



## WHAT THE CHILDREN SAY ABOUT FOREST SCHOOL

We aim to show how forest school will enhance the learning in a natural environment. Here are some of our children's comments about Forest School.

" I had the best day ever!"

" I wish I could come every day."

I used the mud to write on this tree!"

"I look after the insects"

" I love it when we play hide and seek."



## A TYPICAL DAY IN FOREST SCHOOL

We start the session with a game or some free play

This helps the children settle into the session and gain confidence in the forest.

Activities are planned and available for each session, usually a woodland craft activity and a physical activity, for example shelter building, climbing trees, learning to use tools safely, learning to light small fires safely with the forest leader.

(Safety talks/ risk assessments are included when carrying out these activities.)

We also include activities such as bug hunting, identifying trees and plants, litter picking and maintaining our forest school. These activities are all available but are not compulsory as forest school is child led and sessions can quickly change if there's an interesting find or natural changes in our learning environment.

Campfires are sometimes used to show the children how to cook certain foods or for heating warm milk or hot chocolate on those cold days.

Washing facilities and refreshments are available in every session.

Our sessions run for a maximum of three hours.



**WE LOOK FORWARD TO MEETING YOU SOON!**



**ETCHING HILL CE  
PRIMARY  
ACADEMY**



**FOREST SCHOOL**

