

# Stanford in the Vale CE Primary School

Forest School



# **Stanford in the Vale Forest School Fun**

## **What is Forest School?**

### **The Forest School Ethos**

Forest School is a unique educational experience and process that offers children the opportunity to succeed and develop confidence and self-esteem through hands - on learning experiences in a woodland environment.

Children engage in motivating and achievable tasks and activities in almost all weathers. Children will work with tools, play, learn boundaries of behaviour; both physical and social, grow in confidence, self- esteem and motivation whilst developing an understanding of the natural world.

The Forest School concept originates in Denmark, aimed at pre-school children, where it was found that children who had attended forest school then arrived at school with strong social and communication skills, having the ability to work in groups effectively, generally have high self-esteem and confidence in their own abilities. These foundations helped children raise their academic achievements.

Forest School encourages children to:

- Develop personal and social skills
- Work through practical problems and challenges
- Use tools to create, build or manage
- Discover how they learn best
- Pursue knowledge that interests them
- Learn how to manage failures
- Build confidence in decision making and evaluating risk
- Develop practical skills
- Understand the benefits of a balanced and healthy lifestyle
- Explore connections between humans, wildlife and the earth
- Regularly experience achievement and success
- Reflect on learning and experiences
- Develop their language and communication skills
- Improve physical motor skills
- Become more motivated
- Improve their concentration skills

## **What happens during the Forest School Day?**

The children will meet at Stanford in the Vale CE Primary School by the front office. We will meet at 9:30am, ready for registration. We shall walk to the Forest School site via Horsecroft Lane as a group. Horsecroft Lane has building



machinery and cars passing down – so we shall discuss road safety rules prior to setting off. All children must stay in their pairs until we reach the locked gate and walk at all times.

Once at the site we shall discuss boundaries and code of conduct as the children will help set the rules, which will be revisited at every session and throughout the day.

- Look after yourself
- Look after one another
- Look after the Forest School site and the wider community.

Adults will chant ‘**1,2,3 where are you** ‘ to gain group attention and the children will reply “**1,2,3 we are here**”

For every session we will have activities prepared and all the equipment will be supplied, however Forest School is a child led practice, so the children will decide which activities they want to engage in.

Once the Forest School session is over we will accompany the children back to the front office at Stanford in the Vale CE Primary School, where parents and guardians will collect the children at 3:30pm.



## What activities do we do at Forest School?

Forest School uses natural resources to stimulate imagination, creativity and investigation. Activities can include:

- Shelter Building
- Natural Art – Land Art
- Using rope or string to create knots
- Fire Lighting
- Bug Hunts
- Climbing and Balancing
- Pond Dipping
- Survival Skills
- Cooking
- Wildlife Team Games
- Tree recognition
- Using tools to create objects
- Painting
- Mud Kitchen
- Photography
- Tie Dye
- Leaf and Flower Press
- Wood Cookies
- Tug of War
- Planting
- Parachute Games

We also explore the wider community such as the play parks and walking through the fields.

The Forest School Leader will ensure that the programme for Forest School is fun and educational.



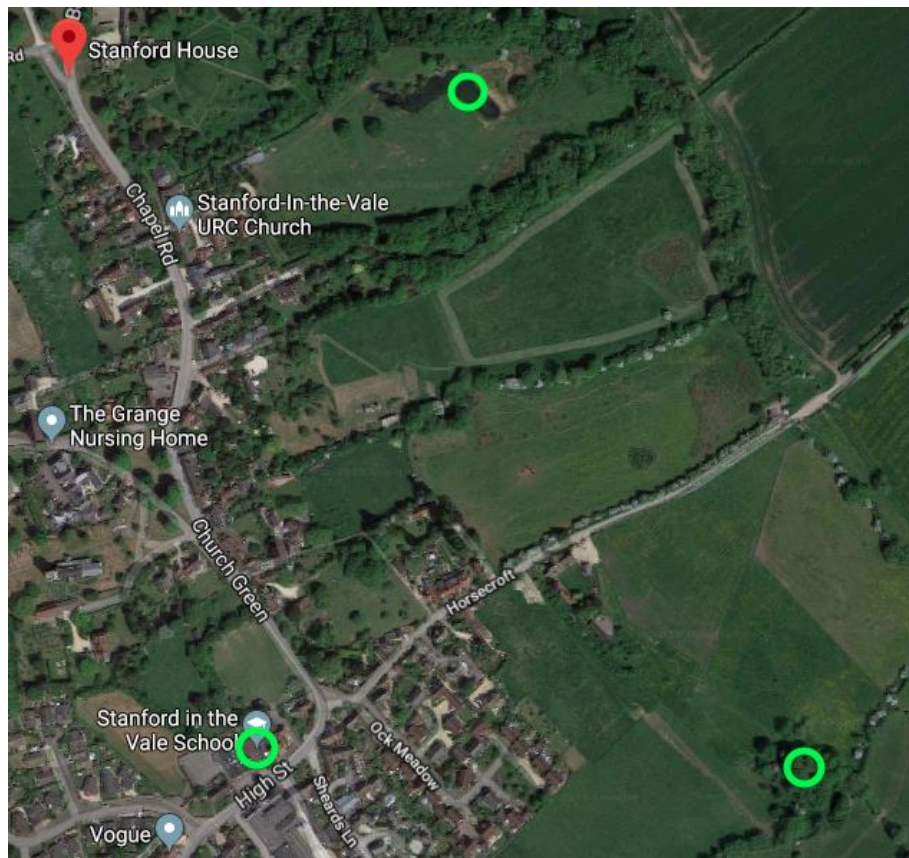
## Locations for Forest School

- School – drop off and pick up
- Forest School Site – Horsecroft
- Stanford House – via fields for pond dipping
- Stanford Park Areas

These are planned areas we shall visit during a Forest School activity.

It is with great importance we respect the Forest School Site and Stanford House – This year we have been given the opportunity to visit Stanford House to explore their pond area. This will involve walking across fields to reach the location.

**The above areas are owned by Private Land Owners. Please respect this – only Forest School members can access these areas with Forest School Leaders.**



**This map shows Stanford in the Vale CE Primary School, the main Forest School site and the pond we will be pond dipping in at Stanford House.**

## Risk Assessment and Safety

All risk assessments shall be carried out prior to each visit to the Forest School site. All the children and adults will need to be aware of boundaries, dress code, behaviours and expectations. We shall operate an on going risk assessment throughout the session with adults and children being aware of any hazards. All equipment used shall be checked prior to the session. At the end of the session everyone will help put away equipment into the log cabin. Rubbish shall be collected and recycled once back at school. No remains of the campfire shall be visible. The site must be cleared at the end of every session.

Tool use is also an important part of Forest School as it allows the children to develop new practical skills and help them to develop self-confidence. All tools will need to be signed out and signed in by the child using them – this way we hope to limit loss of tools! All tools have their own code of conduct for correct use – this will be explained and demonstrated by an adult. 1:1 supervision will be given with some hand tools.

Insurance for all the Forest School activities is included within Stanford in the Vale CE Primary School's policy.

## Weather Conditions

Forest School will take place in all weather conditions except for extreme cases like high winds, in excess of 30mph (Check BBC weather). If this is the case and Forest School needs to be cancelled you will be contacted early that morning and a refund will be issued promptly in September. If it is raining Forest School will still go ahead as children will help to make their own shelters for the day.

## Suitable Clothing and Footwear

Children will be outside in varying weather and will need appropriate clothing and footwear and also a possible change of clothes, so please make sure they have a backpack that has all the equipment they will need.

### **Cold weather**

- Hat and gloves
- Jumper/ fleeces
- Warm socks (and spare socks)
- Wellington boots
- Waterproof clothing
- Coat

### **Hot weather**

- Sun hat
- Sun block



- Long sleeve tops and long trousers (thin material is fine in hot weather)
- Closed shoes, walking boots or wellington boots
- Waterproof
- Jacket/ jumper or fleece

We work on the principle that: **“There is no such thing as bad weather, only bad clothing”**

## Fire Safety

As part of the Forest School experience we will have an open fire to cook and heat water on, for hand washing and washing up. Children will also be given the opportunity to use a fire steel to start their own fires, under supervision. At the beginning of the session the adults will demonstrate how to enter and exit the fire circle, this will be reinforced during each activity. An adult always supervises the fire activities at Forest School. Children will be encouraged to tie long hair back and secure any dangling jewellery and clothing before using the fire area.

## Open Fire Cooking

During the sessions we shall at times try making bread, pasta, S’mores, soups and much more. During this activity there will be one adult present at all times. It will be the adult who shall invite the child to this area to give support. We shall have a bucket of water in place with fire gloves at hand.



## Toileting

There is no running water at the Forest School site, therefore there are no flushable toilets!

We have created a sawdust compostable chambers toilet area within the setting, in which eco friendly toilet paper is used. Children will be encouraged to wash their hands after use with soap followed by hand towels.



## Lunch Time

Children will come to Forest School with a healthy packed lunch provided from home. We shall come together and eat lunch in a designated area of Forest School. Hand washing will be encouraged prior to eating – all food waste must be put into lunch boxes and taken home along with any packaging. Please note – **No nuts allowed**. Fresh fruit shall be on offer during the session with water, juice, milk and hot chocolate.

We also promote that all wildlife must be respected therefore each child will be responsible for their own rubbish from lunch. Wherever possible recycled and sustainable resources will be used.



## Environmental Considerations

Forest School promotes environmental awareness, so the children are taught to respect their environments and given the responsibility of protecting them. Therefore, sticks must not be pulled from living trees. Everyone loves a stick, especially to use them as bow and arrows, magic wands and for shelter building. We just need to be mindful when using sticks, of our friends around us and they must not be thrown or used as weapons.

## Staff Members

### Wednesdays

- **Sue Finney** – Level 3 Forest School Practitioner, NVQ Level 5 Play Worker DBS Checked, First Aid Trained and Food and Hygiene Level 2
- **Sylvia Ward** – Level 3 Forest School Practitioner, DBS Checked, First Aid Trained and Food and Hygiene Level 2



- **Carrie Cleary** – DBS Checked, NNEB Diploma, Paediatric First Aid, OFSTED registered

### **Thursdays**

- **Sue Finney** - Level 3 Forest School Practitioner, NVQ Level 5 Play Worker DBS Checked, First Aid Trained and Food and Hygiene Level 2
- **Sylvia Ward** – Level 3 Forest School Practitioner, DBS Checked, First Aid Trained and Food and Hygiene Level 2
- **T Scrase** – Play worker Level 2, DBS Checked, First Aid Trained and Food and Hygiene Level 2

### **Contact for more information:**

Sue Finney – 01367710474

Email: [gardening@stanford.sch.uk](mailto:gardening@stanford.sch.uk)

## **Cancellation**

You will need to supply contact information via the booking form so that we can contact you in case of cancellation, if due to illness of staff or extreme weather conditions you will receive a refund for the booked session promptly in September.

Your contact details via the booking form will be shredded in September when school recommences.

If you cancel a booked session no refund will be given.

## **Payment**

Each Forest School session is £40 per day, per child.

There will be a maximum of 16 children per session. We need to have a minimum of 9 children per session to make it viable.

These sessions are only available to children who are currently at Stanford in the Vale CE Primary School.

Please note – sessions need to be paid for in advance in order to secure a place. All payments must be made via your Parentmail accounts or through the school office. Cheques must be made payable to Oxfordshire County Council .

## Forest School Session Booking Form

If you have more than one child coming to Forest School please complete a booking form for each child.

<b>CHILD'S DETAILS</b>	
CHILD'S SURNAME:	CHILD'S FORNAMES:
DATE OF BIRTH:	SEX: MALE/FEMALE
NAME OF PARENT/ CARER:	
ADDRESS:	
TELEPHONE NUMBER:	MOBILE NUMBER:
EMAIL ADDRESS:	

<b>EMERGENCY CONTACT DETAILS</b>	
NAME:	TELEPHONE NUMBER:
<b>MEDICAL DETAILS</b>	
NAME OF DOCTOR:	TELEPHONE NUMBER:
ADDRESS OF DOCTOR:	
<b>MEDICAL INFORMATION</b>	
DETAILS OF MEDICAL CONDITIONS, ALLERGIES, MEDICINES ETC.	

Please indicate which dates you would like your child to attend Forest School.

<b>Week</b>	<b>Dates</b>	<b>Tick ( )</b>
<b>Week 1</b>	Wednesday 7 <sup>th</sup> August 2019	
	Thursday 8 <sup>th</sup> August 2019	
<b>Week 2</b>	Wednesday 14 <sup>th</sup> August 2019	
	Thursday 15 <sup>th</sup> August 2019	
<b>Week 3</b>	Wednesday 21 <sup>st</sup> August 2019	
	Thursday 22 <sup>nd</sup> August 2019	

I give permission for my child to have their photographs taken and used for the school website.

<b>Yes</b>	<b>No</b>	Please indicate.
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I understand that all outdoor activities contain inherited risks but these risks are minimised by risk assessment and appropriate management.

<b>Signed</b>	
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I give permission for a qualified first aider at the setting to treat my child in the event of a medical emergency.

<b>Signed</b>	
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<b>Date:</b>	<b>Signed:</b>