

Forest School at The Vaynor First School
Welcome to our Parent Information Evening
Year 4 Forest School
Wednesday 30th September

Presented by:
Mrs Colcombe & Mrs Duggan *Qualified Forest School Leaders*



What is Forest School?

- **Forest School is...**
- A child-centred approach to learning outdoors.
- Regular sessions in our school woodland area.
- Learning through exploration and practical experiences.
- Developing confidence, independence and resilience.
- Encouraging children to take managed risks safely.

Forest School helps children to:

- 🌳 Build confidence
- 🤝 Work together
- 🧠 Solve problems
- ❤️ Improve wellbeing
- 🌍 Care for nature



Why Forest School?

Children today spend less time outdoors than ever before.

Forest School gives children opportunities to:

- Experience nature first-hand.
- Learn outside the classroom.
- Improve mental health and wellbeing.
- Develop resilience and perseverance.
- Become independent learners.
- Build friendships and communication skills.

Research shows outdoor learning improves:

- ✓ Concentration
- ✓ Confidence
- ✓ Physical health
- ✓ Emotional wellbeing
- ✓ Engagement in learning



Our Vision Statement

- The aim of Forest School at The Vaynor First School is to inspire children to **develop positive relationships** with the **natural world** through fun, engaging, and motivating outdoor experiences. Forest School supports the development of **confidence, communication, creativity, and self-esteem** by allowing children to fully immerse themselves in a rich outdoor learning environment.
- In line with our school aim '*to be the best that I can be*', Forest School helps children **build life skills, apply their learning across the curriculum, understand their impact on the environment, and achieve personal success through meaningful, achievable tasks.**



What will children do?

Throughout the year children may experience:

- 🪵 Shelter building
- 🔍 Nature identification
- 🔥 Campfire cooking (when appropriate)
 - 🔪 Safe tool use
 - 🪢 Knot tying
- 🌳 Tree and habitat studies
 - 🐞 Mini beast hunts
- 🎨 Character/natural art creations
- 🧭 Every session is practical, active and enjoyable.



Curriculum Links

Forest School supports many areas of learning.

Science

- Habitats
- Plants
- Animals
- Seasonal change

Geography

- Maps
- Weather
- Environment

Design Technology

- Building
- Tools
- Problem solving

PE

- Balance
- Coordination
- Teamwork

PSHE

- Confidence
- Communication
- Emotional wellbeing

English

- Speaking
- Listening
- Storytelling
- Vocabulary

Developing Life Skills

Forest School is about much more than trees.

Children learn to:

- ✓ Work as a team
- ✓ Lead others
- ✓ Solve problems
- ✓ Make decisions
- ✓ Take responsibility
- ✓ Persevere
- ✓ Respect nature
- ✓ Become independent



These are valuable skills that support learning across school and beyond.

What might a Forest School session look like?

- Count the children into the session
- Talk about day of the week/weather-sing forest school song/sticky elbows
- Sit at base camp recap rules/routines of forest school at session
- Discuss forest school challenge/ explore
- Monitor weather conditions and assess risk assessment
- Check regularly all children are safe
- Review activities planned and modify when needed
- Squash/water & biscuits



Safety First

We ensure:

- ✓ Thorough safety sweep at the beginning and end of every session
- ✓ Qualified Forest School Leaders
- ✓ Thorough risk assessments
- ✓ Appropriate adult supervision
- ✓ All staff read and signed the Health and Safety policy
- ✓ Safe boundaries
- ✓ Clear safety rules
- ✓ Tool safety training
- ✓ Medical list updated and taken to forest school with leaders
- ✓ Fire safety procedures
- ✓ First Aid trained staff



Tool Use

Children may learn to use:

- 🪪 Peelers
- 🪚 Bow saws
- 🔪 Whittling knives
- ✂️ Loppers/Secateurs

Only when they are ready.

Children are taught:

- How to carry tools safely
- Safe working distances
- Correct techniques
- Respect and responsibility

Every activity is closely supervised.



What Should Children Wear?

Children will need: Cold/Wet weather Clothing:

- Woolly hat
- Gloves
- Jacket/waterproof coat
- Dark, plain long sleeved fleece/sweatshirt
- Dark, plain long trousers
- Spare socks
- Named Wellington Boots
- Full rain suit is provided by school

Clothing will probably get muddy!

There's no such thing as bad weather...only unsuitable clothing!



Children will need: Warm/Sunny Weather Clothing:

- Sun Hat & water bottle
- Wellington Boots
- Long Sleeves + Long Trousers (Sun Safety and Injury Prevention)
- Sun Cream (provided by the parents that the children must apply themselves)

Frequently Asked Questions

- Will sessions be cancelled if it rains?
- What if my child doesn't like getting muddy/wet?
- Are children supervised?
- Will every child take part?
- What if my child has medical needs?



Our Aims

By the end of Year 4 we hope our children will:

- 🌳 Love being outdoors
- 🌳 Respect the environment
- 🌳 Show resilience
- 🌳 Be confident problem solvers
- 🌳 Work collaboratively
- 🌳 Develop practical skills
- 🌳 Understand how to assess risks safely
- 🌳 Make lasting memories



When do we start?

4DO	Wednesday 7 th October 2026– then every Wednesday for 6 weeks
4DW	Tuesday 10 th November 2026 – then every Tuesday for 6 weeks
4KJ	Tuesday 12 th January 2027 -then every Tuesday for 6 weeks



Questions

Thank You

We are incredibly excited to begin this journey with your children. Forest School provides experiences that simply cannot be recreated inside a classroom.

Thank you for your continued support.

Any Questions?

