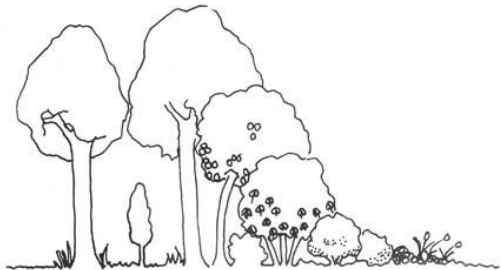













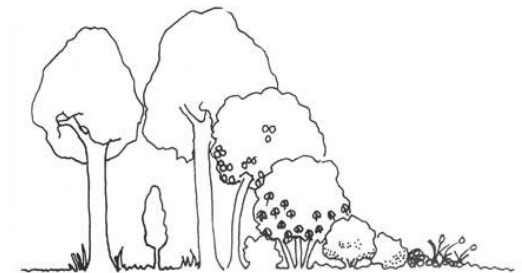
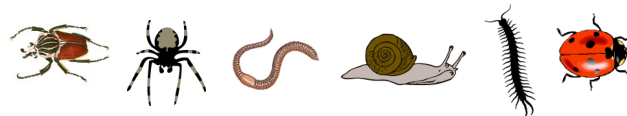
If you would like more information please contact me:

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email: clara.mcdermott@walnuts.milton-keynes.sch.uk



-  Field Studies Activities
-  Social Skills Development
-  Woodland Craft
-  Co-operation Skills
-  Sensory Activities
-  Increased Physical Activity
-  Bush Craft
-  Safe Risk-taking
-  Imaginative Activities
-  Kinesthetic Learning
-  Physical Play
-  Team Building and Trust Games
-  Construction
-  Greater awareness of the environment
-  Gardening



Forest School - A Parents' Guide

September 2015



Forest School at The Walnuts

What is Forest School?

8000 schools across the country have introduced a Forest Schools programme of study into their curriculum.

The Forest School Association defines it as





'Forest School is an inspirational process, that 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.'

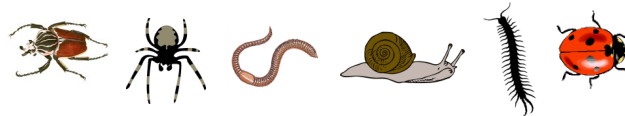


Why do we have Forest Schools at Walnuts?

The aim of Forest School is to build skills in a range of important development areas: co-operation, collaboration, co-ordination, concentration, confidence, communication and creativity. Within a familiar woodland setting, students are encouraged to take (reasonable) risks, and to use their initiative. By participating in engaging, motivating and achievable tasks and activities in a woodland environment each student has an opportunity to develop intrinsic motivation and sound emotional and social skills as well as increased self awareness. We, along with many other educational establishments, believe that education should be about more than learning the 3 R's and that social development is equally important. Developing students' social skills will therefore help them to reach their full potential.

What benefits will the students get from Forest School?

-  **Improved social skills** - communicating and learning to work together
-  **Safe risk taking** - boosts confidence and self-esteem
-  **Learning about the natural world we live in—** encourages future environmental responsibility
-  **Increased physical activity—**being active outside boosts health and feelings of wellbeing
-  **Curriculum links—** as well as the above listed holistic benefits, Forest School links to many aspects of the curriculum



When is Forest School?

This year (2015-2016) we are aiming to provide every class at the Hazeley site, along with our Sixth Form based at Fenny Stratford, a series of weekly sessions over half a term. This means that each group will go once a week over the course of one of the half terms.

You will be informed at least two weeks before the start of sessions when your student's Forest School programme will commence.

What to Wear

On days when your student is participating in Forest Schools sessions they will need to bring a change of clothing with them. In order to get the most out of Forest School, the students need to be protected from the elements with appropriate clothing, whether it is the middle of winter or high summer. The following lists cover what we mean by appropriate clothing:

Warm Weather	Colder Weather
Sensible sturdy closed toed shoes or boots	Sensible walking shoes or boots that are preferably waterproof
Socks	Warm socks
Light weight trousers	Hard wearing trousers
Light weight top that covers the arms to the wrists	Snug long sleeved T-shirt
Lightweight water-proof coat	Jumper or sweatshirt with long sleeves
Sun hat	Warm undergarments (thermal is best)
Sun cream protection	Good warm winter coat, preferably waterproof
Bottle for drinking water	Hat and gloves
	Bottle for drinking water

