

# Forest School at Barham



Every Tuesday  
First session for  
Reception 3:  
14/11/23

**Barham is running Forest School sessions for Reception children on a rotational basis. Each class will participate in Forest School for half a term. The sessions will run at Barham School in our Forest School site.**

## What is Forest School?

Forest School is a child centred, outdoor approach to learning which promotes the holistic development of children. It is an exciting opportunity for your child to experience nature and learn outdoors. At forest school, the children learn from first hand experience and develop skills that will help them to make better progress when they are back in the classroom.

## How will Forest School help my child?

Forest School develops children's...

- concentration when learning
- collaborative learning skills
- self esteem and confidence
- language and communication skills
- motor skills
- knowledge and understanding of their environment

## Examples of Forest School activities include:

- Exploring the natural environment.
- Learning how to nurture and manage the natural environment.
- Building dens and other structures to enrich their games and imaginative play.
- Natural crafts.
- Scavenger hunts and adventure.
- Team games.
- Seasonal activities.
- Storytelling, using the natural world to enable stories to come to life.
- Using tools, such as peelers and saws.

## What to bring on a Forest School day:

- A waterproof coat
- A spare long sleeved top and long trousers
- **A pair of wellies (rain boots)**
- In cold weather, gloves and a warm hat

**School will provide waterproof trousers for children to wear over their own trousers in wet conditions.**

## What if it's raining?

Forest school will be able to go ahead in almost all weathers as the children will be wearing clothes that will keep them warm and dry. If there are high winds, thunderstorms or extreme weather then the forest school leader will run an indoor session in school.

