

WHAT TO WEAR

The children will be having fun in the woods in ALL weathers (with the exception of high winds)

In order for them to have the best experience it is important that they are dressed appropriately .

The will need:-

- Sturdy trainers, boots or wellies– even in summer as nettles and brambles can sting and scratch.
- Socks
- Long Trousers - winter and summer
- Long Sleeve Top - winter and summer
- Sweatshirt/Jumper
- Waterproof Jacket and Trousers
- Hat (Sun or Winter)
- Gloves and Scarf for colder days.
- Sun cream - for summer

Please remember it is often colder in the woods, even in summer



Please note that your children may get very muddy!!!



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WELCOME TO FOREST SCHOOL



What is Forest School

The Forest School concept originated from Scandinavia in the 1950's. In a Forest School session pupils engage in motivating and achievable tasks and activities in an outdoor setting throughout the year, and in almost all weathers. The Forest School environment provides opportunities for pupils, through child initiated learning and play, to grow in confidence, self-esteem and motivation. To develop resilience, learn boundaries of behaviour (both physical and social) and to work with their peers and adults developing both sympathy and empathy whilst improving communication and negotiating skills.

They will learn to take informed, self-calculating risks in a safe, controlled environment.



Our Forest School Site

The children will be exploring our beautiful site at Seeley Copse, on the Goodwood Estate. Seeley Copse is a large, walled area of ancient woodland that, for the last 30 years, has been given over exclusively to educational use.



Our Forest School Sessions

Typically our Forest School Programme will last for a minimum of six weekly sessions, either a morning or afternoon. Each lesson will be under the supervision and guidance of a Level 3 Forest School Leader, and the children will experience a range of activities such as:-

- Cooking on an Open Fire
- Shelter Building
- Using simple hand tools
- Natural Sculpture
- Free Play

Our sessions follow a routine that the children will soon become familiar with, including a group discussion, activity and explore in the woodland, snack and a final get together for reflection time before home time.

