

**Welcome to
Forest school
2025**

Your Leaders will be..



Mr Clark



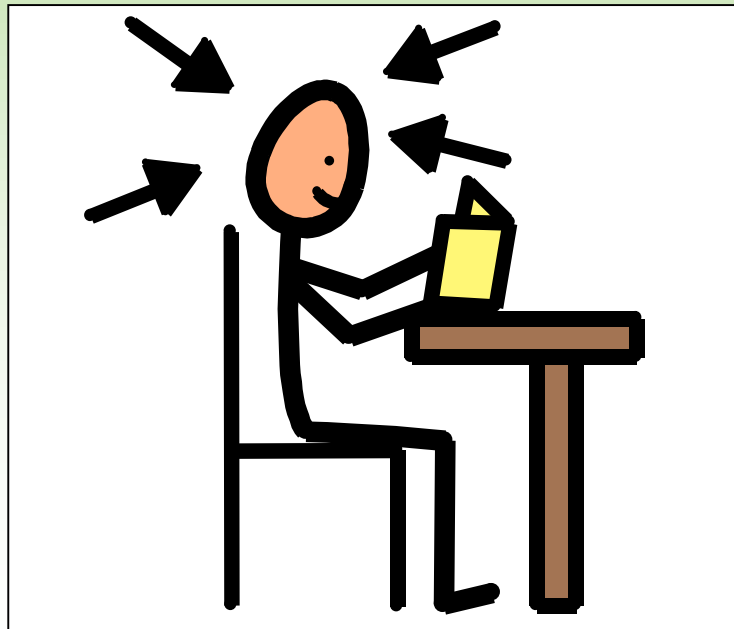
Miss Anthony

Forest School would show on your timetable like this.

3 lessons

| Tutor Group | 8:50 - 9:05 | 9:05 - 9:55 | 9:55 - 10:45 | 10:45 - 11:00 | 11:00 - 11:50 | 11:50 - 12:40 | 12:40 - 1:10 | 1:10 - 1:40 | 1:40 - 1:45 | 1:45 - 2:35 | 2:35 - 2:55 |
|--------------------|-------------|-------------|--------------|---------------|---------------|---------------|--------------|-------------|-------------|-------------|-------------|
| | Register | Lesson 1 | Lesson 2 | Break | Lesson 3 | Lesson 4 | Break | Lunch | Register | Lesson 5 | Tutor |
| Su M T W Th F S | Register | | abc | | 1+2=3 | | | | Register | | |
| | Hist | FK Lab | HC Eng2 | | MH Maths1 | SP Eng1 | | | Eng1 | SP Eng1 | Hist |
| Su M T W Th F S | Register | 1+2=3 | abc | | | | | | Register | | |
| | Hist | Mh Maths1 | HC Eng2 | | BD Hist | BD Hist | | | Hist | BD Hist | Hist |
| Su M T W Th F S | Register | | | | | | | | Register | | |
| | Hist | SSm S Hall | SSm S Hall | | JB CT | HCo Geog | | | PSD | SD PSD | Hist |
| Su M T W Th F S | Register | abc | 1+2=3 | | | | | | Register | | |
| | Hist | HC Eng2 | MH Maths1 | | NC Maths1 | NC Eng1 | | | Music | NC Music | Hist |
| Su M T W Th F S | Register | | | | | | | | Register | | |
| | Hist | AK Hall | AK Hall | | LSe Music | FK Lab | | | ICT | JB ICT | Hist |

What will you be doing at Forest School?



What is Forest school

THE PRINCIPLES OF FOREST SCHOOL

Long Term Process

- You will attend weekly sessions and will experience different weathers and seasons in the outdoors.
- This long term process will contribute to your personal development as you will gain the skills of exploring through Forest School.
- The long term nature of Forest School also lends itself beautifully to the building of friendships as those attending have the chance to develop relationships with their peers and then reap the natural benefits that come from being part of a community and managing a Forest School site.

Takes Place in a Natural Environment

Nature is great at inspiring young people!

There's always something to find,
something to discover, something to climb,
something to explore. It is a sensory rich
environment which is great for developing
young minds but is also calming in that
there are no artificial lights, no loud bells,
no building up of noise within the confines
of a room or building.

Adopts a Holistic Approach to Development

Forest School is about developing all aspects of an individual or group. As a practitioner, we might want to teach a certain set of skills but the real question is, what do our attendees want to learn/know? Taking a holistic approach means we think about being active, about building emotional intelligence, about how we treat each other, about nurturing our community, and about giving freedom and choice to our attendees where possible.

Add holistic?

Supportive Risk Taking

There are risks at Forest School sessions, we use sharp tools, we have fires, it takes place in a natural environment full of trip hazards, things that sting, things that can bite. But that doesn't mean we stop accessing this environment or experiencing these activities. It means that we empower our attendees to identify and deal with risks and give them support to do so. This builds resilience and creates transferable skills that they can take to other areas of their lives.

Learner Focus

As practitioners, we need to ensure that we think about what each individual is getting out of sessions, and support them with what they're looking for. Within every group, each learner has their own story, needs and differences – we aim to celebrate them and tailor our sessions to what they're getting out of it. We want to give the young people we work with, the opportunity to be able to follow their own interests and develop their own passions and skillsets accordingly.

Fire lighting



Fire lighting
Learning the
ways of
lighting a fire
safely.



Learning fire
circle rules



Using the fire.



We do lots of cooking at Forest school.

Pizzas

Bacon sandwiches

Toasted sandwiches

Beef buggers

Hot chocolate and many other tasty treats.



Using Tools



Learning the safety
of using tools.
That can be used to
chop wood for the
fire, den building
and making things
out of natural
materials around
us.



The Winter Weather

There is no such thing as bad weather, only bad clothing!

In the winter it does get cold, you will need to wear warm and waterproof clothing. Waterproof walking shoes or wellies with thick socks is a must.



You will be given a nice warm St Anthony's hoodie that can be worn all year round.

The Summer Weather



You can wear short sleeves, but not shorts, as you will be using tools . Old trainers or walking shoes must be worn, no open toed shoes.