The philosophy of Forest School

The philosophy of Forest School is to encourage and inspire through positive outdoor experiences. Forest School uses the outdoor environment to help and encourage children to develop confidence and raise self esteem and develop a better understanding of themselves and others.

Forest School will provide a range of real, practical experiences which children will be able to choose from within a safe and structured environment. This enables children to be supported in their choices of development, using the natural environment as a source of inspiration, creativity and challenge. Children develop in confidence, which in turn enables them to go on to greater challenges and exploration.

Our Sites

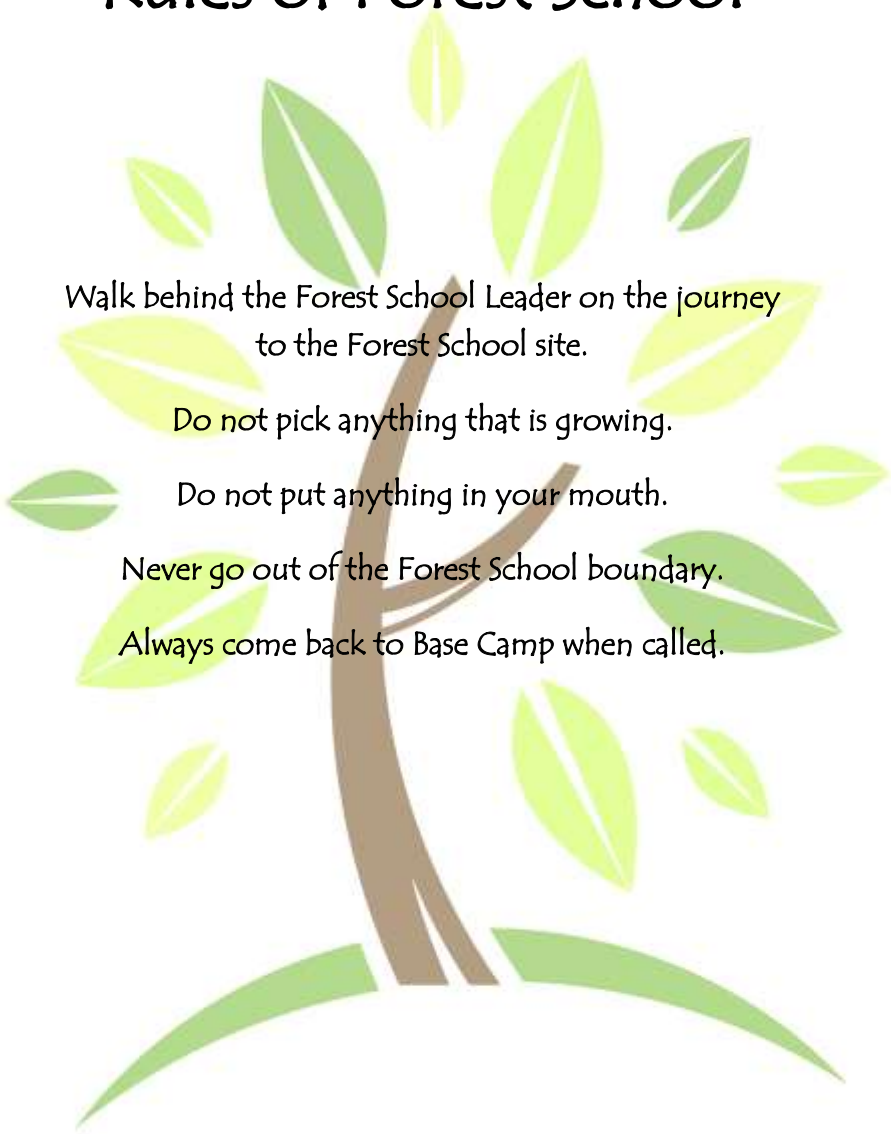
The School Site

We have developed the strip of land behind the music room and the library as our Forest School site.

The Satellite Site

A small copse situated in Iver Heath Junior School grounds.

Rules of Forest School



Walk behind the Forest School Leader on the journey to the Forest School site.

Do not pick anything that is growing.

Do not put anything in your mouth.

Never go out of the Forest School boundary.

Always come back to Base Camp when called.

Forest School

at

Iver Heath Infant School

and

Nursery

What to wear!

Depending on the season and current weather conditions at the time of the Forest Schools site visits, children should please wear the following clothes:

- Woolly hat or Sun hat
- Gloves
- Jacket or waterproof coat
- Fleece or sweatshirt
- Long trousers
- Long sleeved top
- Spare socks
- Stout shoes , wellingtons or boots
- An emergency change of clothes and a carrier bag for dirty or wet clothes.

Activities.

During our Forest school sessions, your child will be given the opportunity to experience and be involved in the following activities:

- Mud painting
- Treasure hunting
- Shelter making
- Climbing trees
- looking for and identifying plants, trees and insects
- Indentifying hazards and problem solving
- Singing
- Forest games
- Wood whittling

and much more.... all fun...all safe...

The impact Forest Schools can have on children's development.

1. Confidence: Self-confidence and self belief that comes from children having the freedom, time and space, to learn, grow and demonstrate independence.
2. Social skills: Increased awareness of the consequences of their actions on other people, peers and adults; acquiring a better ability to work co-operatively with others.
3. Language and communication: Enhancing the development of both written and spoken language, stimulated by their visual and sensory experiences at Forest School.
4. Motivation and concentration: A keenness to participate in exploratory learning and play activities, as well as the ability to focus on specific tasks for extended periods of time.
5. Physical Skills: Children develop physical stamina and gross motor skills through free and easy movement round the Forest School site.

They develop fine motor skills by making objects and structures.

6. Knowledge and understanding: Developing an increased respect for the environment and their natural surroundings. Identifying different flora and fauna, understanding that there are consequences to their actions on our environment.
7. Ripple effects beyond Forest School: Children take home their experiences from Forest School and go on to enjoy amazing outside experiences, continuing their learning and development with their parents/carers.