



# **Forest School at Cypress Primary School 2022-23**



We are delighted that all children at Cypress Primary School have the opportunity to take part in Forest School sessions throughout the academic year. Please find below our timetable for 2022-23, which changes every half term.



	<b><u>Mondays</u> Upper School</b>	<b><u>Wednesdays</u> Lower School*</b>
<b>Autumn 1</b>	Holly, Cedar, Birch, Rowan, Lime	Yellow, Red, Turquoise
<b>Autumn 2</b>	Hawthorn, Sycamore, Willow, Hazel, Oak	Orange, Yellow, Violet
<b>Spring 1</b>	Holly, Cedar, Birch, Larch, Beech	Red, Orange, Blue
<b>Spring 2</b>	Lime, Hawthorn, Hazel, Willow, Rowan	Yellow, Red, Ruby
<b>Summer 1</b>	Sycamore, Holly, Larch, Beech, Oak	Orange, Yellow, Green
<b>Summer 2</b>	Cedar, Birch, Hawthorn, Rowan, Lime	Red, Orange, Indigo

\*Children from Little Cypress (Nursery) use Forest School throughout the academic year and will be informed by staff accordingly

## **What is Forest School?**

Forest School has developed from the Scandinavian education system and is centred on children and young people building their confidence and self-esteem through exploring and experiencing the natural world through small achievable tasks. It uses a range of learner centred processes to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners. Forest School offers learners the opportunity to take appropriate supported risks to the environment and to themselves.





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## **Where is Forest School?**

We use the school woodland area, within the Lower School grounds.

## **Our Forest School leader**

Our Forest School Leader is Kathryn Spencer. Mrs Spencer qualified as a Forest School Leader in 2010 and also hold a paediatric first aid qualification. Forest School Leaders qualify through nationally recognised and accredited training, ensuring that Forest School is a high quality learning experience. All sessions are planned, risk assessed, run and led by Mrs Spencer and Cypress staff also take part in sessions.

## **What are the benefits of Forest School?**

Children are encouraged to be independent learners and their confidence and self-esteem develops. Leadership and teamwork are fostered. There is a positive impact on children's emotional and physical well-being. Children's social communication skills are developed across the session. Resilience is naturally developed with a 'have a go' attitude promoted at all times. Learning in a different environment is an exciting experience. We have lots of fun!



## **When do we do at Forest School?**

Forest School sessions take place throughout the school year, whatever the weather! The only time a session is cancelled is if there are high winds or thunder and lightning. Sessions still take place in heavy rain, cold weather, very hot weather or snow – we just adjust the session accordingly. Our ethos is there is no such thing as bad weather – just bad clothing! Forest School is part of our school curriculum so if your child is well enough to be in school they will be taking part in Forest School, unless previously discussed and agreed with the Head of School.

## **What will the children wear?**

On a Forest School day please send your child into school wearing their Forest School clothes with their school shoes. They should have wellington boots in a named carrier bag and will then put these on for their session.



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Arms and legs should be covered whatever the time of year as this helps protect against insect bites, scratches, bumps and sunburn.

If your child arrives not having any Forest School clothes, or is inappropriately dressed, they will be asked to put on their PE kit or use our lost property supply to dress them appropriately.



<b>On a cold or wet day</b>	<b>On a hot day</b>
<ul style="list-style-type: none"><li>• Wellington boots</li><li>• Layers of old clothing</li><li>• Jumper and tracksuit bottoms</li><li>• Warm coat</li><li>• Waterproof jacket and trousers (on top of their clothing)</li><li>• Thick socks, or 2 pairs of socks</li><li>• Hat, scarf and gloves</li></ul>	<ul style="list-style-type: none"><li>• Wellington boots – we still use water in the summer sessions</li><li>• Please apply sun cream to your child at home before they come to school</li><li>• Long sleeved t-shirt and leggings/trousers</li><li>• Water bottle and sunhat</li></ul>

## **Our Forest School rules**

- ✓ No pick, no lick: no picking leaves, berries or fungi, no breaking branches, no hands near mouths.
- ✓ No leaving the Forest School boundary during the session.
- ✓ Do not go inside base camp. Base camp is where we will light a fire and learn about fire safety, from the first session.
- ✓ When you hear '123 back to base camp' you come back to base camp immediately and sit down.
- ✓ Ask an adult if you need to go to the toilet (children are accompanied to the toilet).
- ✓ We share resources with each other.
- ✓ We can get as wet or as muddy as we like but we must ask friends/adults if we can put mud on them first.
- ✓ We follow the rules for playing with sticks safely.
- ✓ We do not use the rope to tie anyone up and we do not wrap it around any part of our body.
- ✓ We do not remove anything from the Forest School site.



# **Forest School at Cypress Primary School 2022-23**



## **What do we do at Forest School?**

The Forest School routine includes getting dressed in our outdoor clothes such as waterproofs and wellies. We do not help the children get dressed, so please encourage your child to get themselves dressed in the morning for school as this will really help their independence. If a child needs help they are encouraged to use their words and ask a friend rather than an adult. Every session starts with recapping the Forest School rules and learning opportunities and the children can decide what they would like to do. Children are encouraged and supported in recognising and managing risks for themselves through real life situations and experiences.



## **Possible Forest School activities can include:**

- Bug hunting    □ Forest Art
- Counting sticks    □ Knots
- Dandelion crowns    □ Cloud watching
- Den building    □ Potion making
- Digging    □ Mud kitchen
- Role play
- Imaginative play
- Tool work: hammers and saws
- Water play

## **Camp fire**

Our final session is always a celebration of everything we have done which includes a camp fire, where each child will have the opportunity to cook something such as toasting a marshmallow, or a piece of toast on the camp fire. We check school records to determine if children have any allergies, so please ensure the school office holds the correct dietary information for your child.

## **What staff take to Forest School**

- Walkie talkies, so we have direct contact with the school office
- A mobile phone, in case of an emergency
- First Aid kit
- Any child's medication that is normally kept in the class or school office