

# Castle Nursery Forest School



*“Magic moments,  
Memories for life”*

## What is Forest School?

A Forest School is an innovative educational approach to outdoor play and learning. A Forest School maximises the learning potential of local woodlands through regular visits throughout the year.

The woodland environment allows the children to grow in confidence, independence, self-esteem and develop an ability to assess risks for themselves. With the freedom of exploration within the site the children learn to become independent and responsible for themselves, peers and the environment.

The sessions are led by a qualified Forest School Leader. The sessions are planned to be structured not directive and provide achievable tasks that work in conjunction with the requirements of the Early Years Foundation Stage.

We use natural materials and available resources in a hands-on approach to influence learning. Tools are used in forest schools in a traditional woodland manner and are introduced to the children in a safe structured way.

## Castle Forest School's Ethos

Our Forest School promotes free-flow play to allow the children to explore and experiment following their curiosity and ideas in a natural



environment. Our children will develop their self-esteem, confidence, independence and social skills by working together with peers and practitioners who allow them to challenge themselves in a safe inspiring environment.

## Examples of Forest School Activities



Whittling – starting with carrots!  
Building and lighting fires

Sawing

Mud painting and mud faces

Magnifiers and mirrors

Digging and exploring

Worm dances and minibeast hunts

Environment – differences and changes  
and our impact



Making stickmen and brooms

Making charcoal and charcloth

Risk taking - crossing and playing in  
the stream

Making spider's webs and fairy houses

Woolly worms and leaf snap

Listening games and stories

Collecting – colours, textures etc



## Forest School Sessions

Your child will build up their time at Forest School so when they are in the pre-school group they will attend for a whole morning a week on a continuous basis.

Prior to this your child will go to Forest school once a week for 6 week blocks. They begin by going for a walk to the Forest School site to familiarise themselves with the environment and terrain. Once they are confident they 'enter the gate' and have a short session to get used to the environment. They then progress to a full session where they learn the Forest School rules and boundaries and widen their experiences.



By the time your child leaves to go to school they would have had the opportunity to build, light, cook on and extinguish a fire, use tools safely, investigate and learn how to identify flora and fauna, explore the environment, understand and assess risks and to experience a wide and varied range of learning opportunities.



Once the children have gained these important life skills they will be able to take on the world confidently!