



## How do we keep the children safe?

Full risk assessments are completed at the beginning of every forest school session. In addition to the site being carefully assessed, the children will be given detailed training for all of the activities.

There are also a higher number of adults to children than in a classroom.



Part of forest school is teaching children about risks and how to evaluate them. The children will be taught about how to source materials, climb trees and use equipment. These activities will be introduced as the children in the group are ready for them and will be carefully supervised by an adult. By allowing children to take these measured risks, we help to prepare them for making choices when they are older and teach them to be actively responsible for themselves, their choices and actions.



## What if it's raining?

**'There is no bad weather, only bad clothes.'**

Forest school will go ahead in almost all weathers as the children will be provided with clothes that will keep them warm and dry. If there are high winds, thunderstorms or very bad weather then your child's class teacher will run an indoor session in school.



## What can I do?

Take time to talk with your children about what they have done, often they will bring something home to show you.

Please visit our school website to find out more about Forest School at Rathcoole PS and NU.

<https://www.rathcooleprimary.com/forest-schools/>



## Rathcoole Primary School and Nursery Unit

### Forest Schools Programme



Forest school is an exciting opportunity for your child to experience nature and learn outdoors.

At forest school the children learn from first hand experience and develop skills such as perseverance, independence and responsibility.



## What are the benefits of Forest School for my child?

It will help your child develop skills such as:

- Communication
- Perseverance
- Resilience
- Responsibility
- Independence
- Inquisitiveness
- Social skills



Children will also be able to practice and use their literacy and numeracy skills, as well as their independent risk assessment skills which are very important.

Every forest school program is designed specifically, to meet the needs of the group so will provide your child with an individually tailored program to help them develop and enhance their school curriculum.

## What is involved in a Forest School session?

Activities are provided during a forest school session but the emphasis is on the children choosing what they do. Activities might include den building, collecting samples and observing nature. Crafts such as dream catchers or whistles, games, rope swings, flora and fauna identification as well as stories and sharing are also explored.



The obvious benefits of improved coordination and physical health from doing activities outside are enhanced by opportunities to develop imagination and initiative; problem solving and perseverance. Children are encouraged to try things out and learn from experience, rather than rigidly following a set of instructions. This often involves learning to work as a team to get something done, feeling comfortable with asking for and offering help and learning how to cope with failure or setbacks. All crucial emotional skills to take with them into the adult world.

