

Guided by God,  
St. Gerard's  
Catholic Primary &  
Nursery School is  
an inspiring and  
aspirational  
community where  
we learn to love,  
hope, dream and  
achieve



### What are the benefits of Forest School?

The outdoor environment can provide unique experiences, opportunities and resources for teaching and learning in a safe and supervised environment.

Forest School uses a holistic approach that encourages the development of the whole child and celebrates children's individuality, boosting self-confidence and self-esteem. Social and emotional skills are developed, and children are encouraged to be reflective on their learning. Long term, regular sessions with our trained staff, provide children with fun, hands on inspirational activities that engage them with the natural seasonal surrounding of our school.

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Primary & Nursery School  
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[www.st-gerards.halton.sch.uk/](http://www.st-gerards.halton.sch.uk/)

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St. Gerard's Catholic Primary & Nursery School



## Introduction

We are very lucky at St. Gerard's to have beautiful and well-maintained outdoor areas where the children can play, investigate explore and engage with nature. Each class will have the opportunity to take part in the sessions every week with a number of fun, exciting activities planned for them by Forest School Leader and other school staff.

## Where do these sessions take place?

Forest School sessions will be held every Tuesday whatever the weather, however, in very windy weather the session maybe cancelled.

The sessions will be led by Mrs Scott the Forest School Leader and the Forest School Assistant Miss Bennett who will be guiding children in their own learning.

## What kind of activities take place during Forest School sessions?

Children engage in hands on activities linked to the nature around them. The children will experience different activities some linking to their curriculum and some stand-alone activities including:



- Bird watching
- Bird feeders
- Den making
- Mini-beats hunts
- Using hand tools
- Woodland Art
- Fire building and LOTS MORE!



The children will begin each session with a discussion on safety and forest school rules.

## What will my child need?

Part of being outdoors is to experience all seasons inevitably the British weather! To ensure your child gets the most out of each session please can you ensure appropriate clothing for the weather is worn on the day your child will be taking part in the lessons. Children can come into school with there PE kit on but may also need:



- Waterproof coat
- Suitable footwear eg. Wellies, trainers walking boots
- Warm clothing, layers can be removed
- Hats and gloves (winter and summer)
- Sun cream (summer)

Remember long sleeved tops and long trousers must be worn at each session as this will prevent scratches from the bushes. Old clothing would be the best idea as YOUR CHILD WILL GET DIRTY. Please let your child know that at Forest School its ok to get dirty and that you don't mind! Names on clothes would also be useful.

## Keeping Safe

To keep our children safe, we will aim to:

- Set clear and safe boundaries
- We will talk together about general rules
- Plan for a variety of interests and learning styles
- Support the children in exploration

## Health and Safety

All activities carry risk and forest school is no exception. The forest school leader and assistant have an outdoor first aid qualification

On the day of each session

- The site will be assessed prior to each session
- An emergency first aid kit and accident book will be available for every session
- In the event of an emergency school policies and procedures will be followed
- Guidance regarding such activities as stick and stone handling, using tools and fire safety will be discussed
- Children will be discouraged from eating anything that they may find in the forest school areas
- Any hazards will be reported to the relevant staff immediately

## Conservation

The children will be taught and encouraged to think about their responsibility and respect for our forest school areas supporting them to develop empathy and care for trees and wildlife around them

We hope this leaflet has any questions you may have about our forest school sessions. If you have any further questions please free to make an appointment at the school office.