

## WHO CAN COME TO FOREST SCHOOL?

*Forest School is for children aged 3 years and upwards. We offer tailored sessions to meet individual needs of Pre-school, nursery or school groups. Forest School is linked to the curriculum, supporting areas within both the Early Years Foundation Stage Framework and the National Curriculum. During school holidays we offer an out-of-school holiday club for children aged between 5 and 11 years.*



West Lodge Forest School  
01536 760552  
[forestschool@westlodgefarmpark.co.uk](mailto:forestschool@westlodgefarmpark.co.uk)

## BOOKING INFORMATION

To book a session, or for more information please visit our website or alternatively contact Lisa on the details below.

Telephone 01536 760552

Mobile 07809308125

E-mail [forestschool@westlodgefarmpark.co.uk](mailto:forestschool@westlodgefarmpark.co.uk)

Website

<http://www.westlodgeruralcentre.co.uk/forest.php>

### For further information on Forest Schools:

- Knight, S. (2009) Forest Schools and Outdoor learning in the Early Years. London: SAGE.
- O'Brian, L. (2009) Learning outdoors: The Forest School Approach. 37 (1), 1-17.
- Williams-Sieghfredsen, J. (2012) Understanding the Danish Forest School Approach, Early Years Education in Practice. Routledge: Oxen.

West Lodge Forest School  
West Lodge Farm Park  
Back Lane  
Desborough  
Northants  
NN14 2SH

**WEST LODGE**  
Forest School





# What is Forest School?

Forest Schools were first introduced in the 1950's by Sweden. Other Scandinavian countries then adopted the concept, recognizing the positive impact that it had on children and their overall development.

Forest School is an educational experience in a woodland environment, an innovative educational approach to outdoor play and learning.

The concept behind Forest Schools is to inspire and encourage individuals through the mastery of small achievable tasks, developing self esteem, confidence and independence skills, all whilst gaining knowledge and appreciation for the natural world around us.



*'the best kept classroom and the richest cupboard are roofed only by the sky,' (McMillan, 1925)*

## What happens at Forest School?

The forest school experience begins with the preparation for the visit - getting 'suited and booted', appropriate for the weather conditions and then heading to the forest school site. Once at the site, resources and activities are available, enabling the children to participate in child-led 'play', learning through real life, hands on experiences. The forest school leader supports the child's choice of activity and facilitates their learning.



## Activities

Mini beast hunts  
Natural crafts  
Den building  
Tree climbing  
Using/making tools  
Fire building  
Cooking on the campfire  
to name but a few....

At Forest School children choose the direction that their own learning takes, enabling them to be fully engaged and involved in what they are doing. At Forest School we recognize that this is when children achieve most and are able to reach their full potential.



## Benefits of Forest School

As well as being a huge amount of fun for the children, Forest School offers so much for their development.

- Improves health and well-being
- Provides opportunity to develop new skills
- Enables a sense of freedom and achievement
- Strengthens social skills
- Empowers children to manage their own risks
- Offers experiences of the natural world around



## USEFUL INFORMATION

At West Lodge we have 3 fully qualified Forest School Leaders - Lisa Male, Angelina Pepper-Tite and Mo Dee, Who all hold up-to-date first aid qualifications.

The Health and Safety handbook and all risk assessments of the site are available on request.