



# Forest School at Penryn Primary Academy

At Penryn Primary Academy, we celebrate learning not only in the classroom, but also outdoors using our amazing school grounds. Forest School is a practice that gives young people the opportunity to develop self-learning through natural play and positive outdoor experiences.

Forest School helps young people to understand the importance of nature and the environment. The ethos of Forest School allows learners the time and space to develop skills, interests and understanding through practical, hands-on experiences. Giving children this freedom and independence of their learning, allows them to choose achievable tasks, which can help build self-esteem and self-confidence and to learn to make choices in every area of their lives.

## What sort of activities go on at Forest School?

Our sessions are tailored to meet the needs of the children as they grow in confidence, skills and understanding. Young people can learn about tree and plant life and how to protect them, fire safety and camp fire cooking, shelter building, knots, safe use of tools, woodland crafts, natural art activities and more. Working with fire and tools allows young people to manage risk and take responsibility for their learning, themselves and the people around them. This responsibility in turn leads to young people gaining a greater sense of self-worth, self-confidence, self-esteem, leadership and communication skills.

*Tell me and I forget,  
Teach me and I may remember,  
Involve me and I learn.*

BENJAMIN FRANKLIN



# What benefits will my child get from participating in Forest School?

- Health and fitness – Being active in an outdoor, natural environment.
- Increased emotional wellbeing – just being amongst trees has been shown to have a real positive effect.
- Social development – Communicating, sharing, negotiating and problem-solving and increased confidence.
- Skills development – Developing fine and gross motor skills and coordination for real purposes.
- Gaining knowledge and understanding – Multi-sensory, real-life learning, learning to care for our green spaces and wildlife.
- Individualised learning – Careful observation allows adults to tailor support to children's own interests and stages of development.
- Curriculum links – Forest School supports many areas of the Early Years Foundation Stage Curriculum, National Curriculum and the 'Every Child Matters' agenda.

## Health and Safety

The health and safety of all participants is central to everything undertaken within a Forest School Programme. Our Forest School leaders are trained in risk assessment and emergency first aid. The Forest School operates under the school's Health and Safety policy and policies and procedures regarding safeguarding and confidentiality.

Some of the activities the children may participate in are 'higher-risk-activities', such as fire lighting and tool use. Children are expected to follow the instructions of the Forest School leader and supporting adults and to follow the schools behaviour policy at all times. Children are encouraged and supported in recognising and managing risk for themselves, through real life situations and experiences.

For feedback on our Forest School sessions please see our Twitter and Facebook pages or access our website:

<http://www.penrynprimary.org/website>

