







Forest School at Linton Heights Junior School



What IS Forest School?

Forest school takes the children outside the classroom - to learn in nature, to learn about nature and to use nature to learn.

Children are given the chance to -

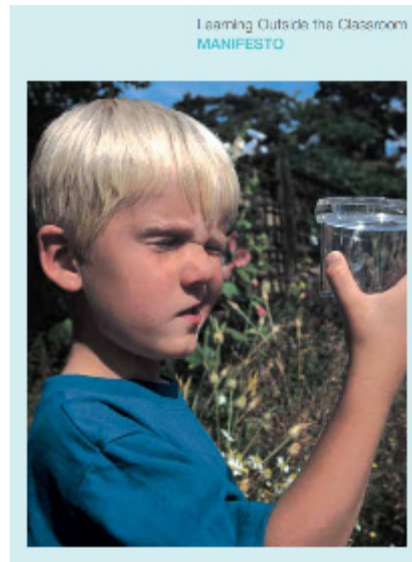
-  pick up practical life skills through working with tools & outdoor equipment,
-  imagine, plan & build life-size structures like dens, swings & hammocks,
-  learn how to manage risks e.g. climbing trees, building fires, whittling, cutting with saws & tools,
-  learn how nature works, and therefore why it is important (and how to) to look after our planet,
-  re-connect with nature, which is so important for their mental health and well-being,
-  move & stretch & discover the strengths of their bodies.

Information for parents

- Forest School sessions take place on Friday afternoons.
- Each class has 4 x 2-hour sessions per school year.
- Our school has an area specially designed for Forest School within the school grounds.
- Our Forest School leader is Jane Morris.
- Jane holds a Level 3 Certificate in leading forest school as well as a Level 3 Paediatric and Outdoor First Aid.
- Sessions are planned and risk assessed and follow school policies.
- The class teacher & teaching assistant accompany the children during the session.
- Parent volunteers frequently assist with the sessions.
- We ask that the children come prepared for any weather and to get dirty!

Benefits of Forest School – the experts explain...

<https://www.lotc.org.uk/wp-content/uploads/2011/03/G1.-LOtC-Manifesto.pdf>



“...learning outside the classroom builds bridges between theory and reality... Quality learning experiences in ‘real’ situations have the capacity to raise achievement across a range of subjects and to develop better personal and social skills. When these experiences are well planned, safely managed and personalised to meet the needs of every child they can:

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- Improve academic achievement.
- Develop skills and independence in a widening range of environments.
- Make learning more engaging and relevant to young people.
- Develop active citizens and stewards of the environment.
- Nurture creativity.
- Provide opportunities for informal learning through play.
- Reduce behaviour problems and improve attendance.
- Stimulate, inspire and improve motivation.
- Develop the ability to deal with uncertainty.
- Provide challenge and the opportunity to take acceptable levels of risk.
- Improve young people’s attitudes to learning.”

[Department for Education & Skills; Learning outside the classroom manifesto](#)

Activities at LHJS forest school



Apple juice factory!

picking, preparing, cutting, crushing...

to make juice from from our own apple trees



Campfires



Creativity with natural materials



Tree & leaf identification



Tool work

Conservation education



Teamwork

Nature scavenger hunts

Swings



DENS!!