

## **Forest School at St. Peter's Church of England Primary Academy**

At St. Peter's Church of England Primary Academy, we are proud to offer enriching Forest School experiences, helping children connect with nature while building essential life skills. Our Forest School program provides hands-on learning in an outdoor environment, encouraging creativity, teamwork, and confidence through exploration.

### **The History and Concept of Forest Schools**

Forest Schools have roots in Scandinavian educational practices and were introduced to the UK in the 1990s. This approach promotes outdoor learning as an integral part of children's development, inspired by thinkers like Montessori and Froebel, who emphasized the importance of nature in education. Forest School activities allow children to connect with the natural world, fostering a deep respect for the environment while developing their physical, emotional, and social skills.

### **Our Forest School Approach**

At St. Peter's, Forest School is a play-based, child-led program where children's ideas and interests shape the activities. Each session is planned by a qualified Forest School Leader (an external provider) who ensures all activities are safe, engaging, and tailored to the children's developmental needs. Sessions occur weekly and are designed to promote exploration, responsible risk-taking, and a love for nature.

### **Location and Schedule**

We are fortunate to have a designated Forest School area on our school grounds, featuring a small wooded area perfect for exploration. Our Forest School sessions take place every Thursday morning during the spring 2 term, come rain or shine, with the school providing full wet suits to keep children comfortable.

### **Activities at Forest School**

Children engage in a variety of outdoor activities that support their understanding of the natural world and develop practical skills. Some of these activities include:

- Den building and knot practice
- Safe fire lighting and outdoor cooking
- Plant and animal identification
- Nature exploration and conservation
- Sustainable use of natural resources
- Tool handling under supervision
- Understanding seasonal changes
- Teamwork and social skills development through outdoor play

Each activity is designed to encourage problem-solving, communication, and personal growth, while also promoting environmental stewardship.







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