

Forest School Handbook



Handbook 1

Created July 2024 by Katie Goodfellow

Level 3 Forest School Leader

Review: March 2025

Introduction

At Evergreen Primary Academy (EPA) we aim to create a welcoming, respectful and compassionate learning community where all citizens are empowered to realise their potential in a challenging, aspirational and supportive environment, and can develop into responsible global citizens with self-agency.

Our school welcomes children and families from all over the world and we want to ensure that our children learn in an environment where they are filled with joy, confidence, self-belief and feel safe to try new experiences and explore concepts of learning in a deeper way.

By giving our EPA children the opportunity to access to Forest School and outdoor education, we believe all children no matter their age or ability will be able to benefit from what nature has to offer.

Through taking part in Forest School sessions, EPA children will be engaging in team building and collaborative learning, building on their resilience, confidence and problem-solving skills, and will give children more opportunities to be curious, creative and independent.

Forest School will also allow children a safe space to focus on their wellbeing.

Emergency Information

Our Forest School sessions mostly take place in the wooded area at the bottom of our school field, **Evergreen Primary Academy, Waverly Street, Bristol, BS5 0YR**, as well as on the field and around our school playgrounds.

In case of an emergency:

Wooded area What3Words - bump.songs.boots

*Nearest hospital with A&E – Bristol Royal Infirmary (BRI)
Upper Maudlin St
Bristol
BS2 8HW*

Forest School Ethos

There are many forms of outdoor education, and all have enormous value, however, Forest School is unique in its reach, delivery and effect. The **six key principles** that shape and govern the Forest School ethos are:

- Forest School is a **long-term process of regular sessions**, rather than one-off or infrequent visits; the cycle of planning, observation, adaptation and review links each session.
- Forest School takes place in a woodland or natural environment to support the **development of a lifelong relationship between the learner and the natural world**.
- Forest School uses a range of **learner-centred** processes to create a community for being, development and learning.
- Forest School aims to **promote the holistic development of all involved**, fostering resilient, confident, independent and creative learners.
- Forest School offers learners the **opportunity to take supported risks** appropriate to the environment and to themselves.
- Forest School is **run by qualified Forest School practitioners**, who continuously maintain and develop their professional practice.

It is only when we see the six principles working together do we truly see the value of Forest School.



More information about Forest School can be found on the Forest School Association website.

www.forestschoollassociation.org

Staffing

At Evergreen Primary Academy, all Forest School sessions will be run by our Forest School Leader - Katie Goodfellow - who holds a Level 3 Certificate for Forest School and is First Aid trained.



Katie has over 18 years of experience running outdoor activity sessions for young people aged 4 – 18.

Katie works alongside a team of other EPA staff when planning and running Forest School sessions. All staff supporting Forest School sessions hold valid First Aid Qualifications.

Sessions will also be supported by the class LSA (who is also first aid trained) and any 1:1 adults.

Class teachers in Reception – Year 5 will be expected to lead Real PE and Guided Reading for Miss Goodfellow's class, and also oversee their Bristol Robins Athletes session.

Forest School Timetable

At EPA, all children will have the opportunity to attend on site Forest School sessions.

Each term, one year group (Reception – Year 5) will have a weekly afternoon Forest School session. Forest School sessions will last approximately 2 hours. Throughout their time at EPA, children will get to experience Forest School sessions in every season.

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Year 4	Year 5	Year 1	Year 2	Reception

2024/2025 sessions will be held on a Thursday afternoon.

Year 6 will have day / 2 half days of Forest School skills at the end of the Term 6.

In addition to year group sessions, children will be able to attend an after school Outdoor Club.

Forest School can and will be delivered outdoors in all weathers, except strong winds and thunderstorms. If it is not possible to run sessions outside, a classroom-based session will be run instead.

Rules and Routines

No lick!
No pick!
No chicken wings!

We are the guests of the Forest School.
Leave no trace.

Every Forest School session will start with a reminder of the rules, boundaries for the session and any additional safety information needed (e.g. regarding weather).

Clothing

Children will be expected to come to school dressed ready for their Forest School session.

Children must **wear old clothes** that **will get dirty**. Ideally these should be long sleeved t-shirts, jumpers and trousers / jogging bottoms / leggings. NO jeans.

Children will also need to wear sensible outdoor shoes – wellington boots or old trainers.

Children should also bring a woolly hat, scarf, gloves, a waterproof coat and any extra layers (including socks).

If it is very warm (usually Term 5 and 6), a sun hat and sun cream will be required instead of lots of warm layers.

Parent/carer information will be sent out to classes before each term.

Forest School



Parent / carer information

Clothing



In Summer your child will need to wear:

A long-sleeved t-shirt, trousers, sun hat, socks, welly boots / trainers.



In Winter your child will need to wear:

A vest, long sleeved t-shirt, jumper, fleece, coat, tights/thermal leggings, trousers, socks, extra warm socks, warm hat, gloves, scarf, welly boots / trainers.

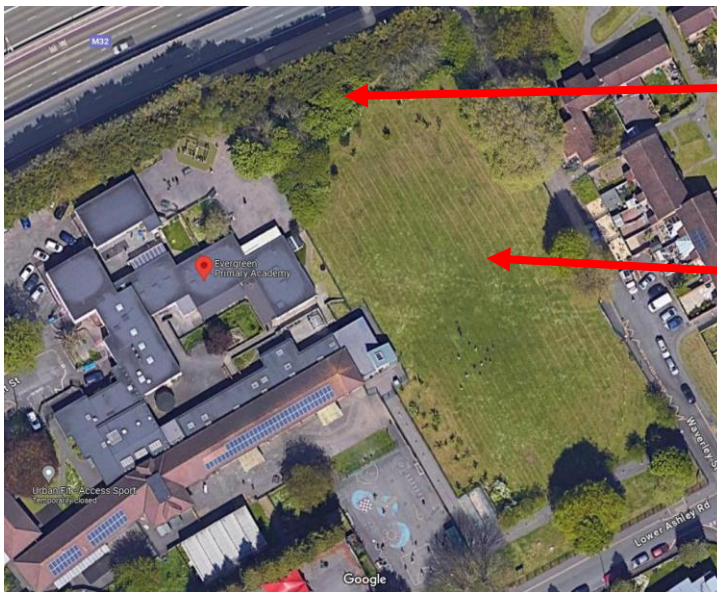


We do have some spare waterproofs and welly boots available, but please wear your own if you have them.

EPA Forest School Site Information

Forest School sessions will mostly take place in the wooded area at the bottom of our school field, as well as on the field and around our school playgrounds.

The wooded area is continually being developed to offer new experiences for our school community. We currently have a fire pit and log circle, bug hotel, **handwashing station** and music wall.



Forest School wooded area

School field

Toilets and additional handwashing facilities are accessed in both the KS1 and KS2 buildings.