

## Forest School Rationale

At Grayshott, we nurture the **whole child** and the time they spend at school is planned to develop their academic, social, emotional, physical, spiritual, and mental health needs.

Spending time in nature has been proved to have a positive influence on health and wellbeing. Forest School has demonstrated this with children of all ages who visit the same woodland on a regular basis, in all weathers.

One of the 'Golden Threads' running through our curriculum is, 'Using, understanding and valuing the natural world in order to make a positive difference in the world.' At Forest School through self-initiated play, inquiry and discovery, children learn about the natural environment and how to care for it, how to handle risks and how to use their initiative to solve problems and cooperate with others. These life skills are transferable to school and home and allow the child to grow in confidence, self-esteem, resilience, and independence.

Where appropriate, activities are linked to topics studied in the classroom to bring them to life, for example when studying the Stone Age children will make charcoal for cave drawings and prepare and cook flat bread over a fire to have a taste of Stone Age life!

Forest School sessions also link to the PE curriculum in the following areas:

KS1 - '...developing balance, agility and co-ordination, and begin to apply these in a range of activities.'

KS2 'take part in outdoor and adventurous activity challenges both individually and within a team.'

For these reasons we are committed to delivering regular Forest School sessions for every year group.

Research based evidence supporting Forest School:

<https://muddyfaces.co.uk/outdoor-hub/forest-school/reports-research>