



Health and Safety Forest School Handbook



Sophie Pring - FVA

Contact number: 0117 3532902

Frome Vale Academy, Frenchay Road, Downend, Bristol,
BS16 2QS

What3words: potato/tricky/ties

Grid reference:

Vision statement



The aim of our Forest School at Frome Vale Academy, is to encourage and inspire our children to develop positive relationships with the natural world through positive experiences and participation in fun, engaging and motivating learning. Through Forest School, we aim for our children to develop their confidence, communication, creativity and self-esteem. Forest school provides our children with the opportunity to fully immerse themselves outdoors in a rich learning environment. We recognise the importance and value of outdoor learning and the important role it plays for our children's development.

Our school aim is to *'develop citizens of the world by providing opportunities to embrace diversity, develop positive values, teach life skills and love learning, to enable personal achievement'*. Forest School will enable our children the opportunity to learn life skills and apply them to other aspects of their learning, understand the role they play in our world and the importance of their actions on our environment and participate in achievable tasks to enable personal achievement.

Forest School Ethos

Forest school is a child-centred inspirational learning process, that offers opportunities for holistic growth through regular sessions. It believes in the right for children to play, explore and take risks. Forest school helps and facilitates more knowledge-gathering, developing socially, emotionally, spiritually, physically and intellectually.

Being in the Forest School environment, inspires a deep and meaningful connection with the outside world and encourages children to solve real-world issues, building self-belief and resilience.

(Forest School Association)



Forest school rules

In order to stay safe and have fun, there are some rules for attending Forest School:

- Look after our Forest School
- Do not pick anything growing
- Do not put your fingers or anything else in your mouth
- Stay within the boundary rope, we don't go over it, we don't go under it

No Pick! No Lick! Stop!

Countryside code

There are five sections of The Countryside Code dedicated to helping us learn how to respect, protect and enjoy the countryside.

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people

Sessional procedures

Before the session:

- Thorough sweep of the site before session. If session is in the morning conduct sweep before school or if in the afternoon, conduct sweep at lunchtime. Check for any damage to site, litter, animal faeces. Any items found, will be collected in a bin bag and disposable gloves will be used. All will be disposed of in accordance with school policy/procedures.
- Mark out boundaries using orange flags. Orange rope may also be used where appropriate.
- Trees are checked for damage or dead branches that may cause injury.
- Check weather conditions and plan accordingly. If there is extreme weather, we will not attend forest school.
- Ensure forest school kit bag is stocked
- Check first aid kit – replenish if needed
- Ensure children are suitably dressed, wellington boots, gloves, hats, waterproofs.
- Toileting – ensure all children go to the toilet
- Check medical information and discuss any concerns with class teacher
- Collect any tools needed and store securely and correctly

During the session:

- Count the children into the session – top of field, entrance to forest school, once at base camp
- Review rules of forest school at session
- Monitor weather conditions and assess risk assessment
- Check regularly all children are safe
- Review activities planned and modify when needed
- Children wash hands if they are having a snack (As we do not have a tap at forest school, we will be taking down flasks of warm water for the children to use along with soap and towels).

After session:

- Clear away all equipment and resources used
- Children wash their hands
- If there is a fire, ensure it is completely extinguished
- Count all tools and resources back in
- Count children out of the session – entrance to forest school, top of hill and when returning to class.

- Assess the environmental impact of the session to the site
- Log any medical/behaviour incidents on CPOMS
- Complete evaluation sheet reflecting on the session.
- Children will wash their hands thoroughly when returning to the classroom.



Year Group	
Term	
Date	
Session No	
No of pupils	
Timing of session	
Staff present	

Weather Considerations:

FS Leader:

	Outline	Curriculum Links/ Learning Objectives	Health & Safety Considerations	Equipment
Session procedures				
Introduction and Activity Opportunities		Evaluation		
		Personal Development	Curriculum Areas Met	Behaviour and Attitudes Seen
Plenary				
Next Steps				

Legislation

- Health and Safety at Work act 1974 and amendments
- Children Act 1989
- Liability insurance
- Equality Act 2010

Policies and procedures

The policies listed below are all essential to the legal running of Forest School. These policies ensure everyone is safe and has fun.

All policies can be found at <https://fromevaleacademy.clf.uk/>

- Health and Safety
- First Aid
- Head injuries
- Administration of medicines
- Allergy and Anaphylaxis management policy
- Data protection policy
- EYFS policy
- Fire guidance policy
- Parent and carer engagement and partnership policy
- Behaviour policy
- Equal opportunities policy
- Academy Access Plan
- Lockdown procedures
- Trespassers in school policy
- SEND policy
- Academy Safeguarding policy

Insurance requirements

Insurance documents can be found on the CLF website under: employer's liability insurance.

Zurich KSC – 252038 – 7643

Essential equipment

- School mobile phone
- Classroom walkie talkie
- Medical forms – initials and any medicine
- Register
- Newspaper
- Matches
- Wet wipes
- Protective gloves
- Sun cream
- Platers
- Bandages
- Scissors
- Water bottle with water for drinking and washing
- Sleeping bag/survival bag
- Thermal wrap sheet
- Map of woodland area
- Pamphlet on hypothermia and first aid
- Container for inhalers
- Carry bag for dirty/wet clothing

Clothing requirements

- Woolly hat/sun hat
- Gloves
- Jacket/waterproof coat
- Fleece/sweatshirt
- Long trousers
- Spare socks
- Stout shoes/wellington boots/books
- An emergency change of clothes and a carry bag

Sun policy

<https://fromevaleacademy.clf.uk/wp-content/uploads/Policies/Health%20and%20Safety%20Policy.pdf>

- All children are expected to have a water bottle in school. Water bottles will be bought down to forest school and easily accessible during the session. If a child does not have their bottle, they will have a drink before leaving the classroom and immediately upon their return.
- Clothing should be light however, still cover legs and arms. Check appropriate footwear.
- Children should wear a cap or hat
- Children will be encouraged to apply sun cream before entering school or prior to the session.
- If days are particularly hot, activities should be considered that involve using the trees as shade. Alternatively, tarpaulin can be used to create shade.
- Children will be given regular opportunities to rest in the shade. Time outside will be kept to a minimum if it is particularly hot.

Travel policy

Our Forest School setting is based on school premises. The children will leave the classroom and walk across the field to the forest entrance. If children were to leave the premises, then the school's standard risk assessment and travel procedures would be applied. This will be entered on the CLF EVOLVE platform for offsite visits.



Medical and Emergency details/procedures

All medical information is kept in the office in line with data protection policy. Specific medication e.g. inhalers or epi pens will be taken to the forest school session for those children who need it. These will be stored in the forest school leaders' bag and communicated with other staff attending the session.

Minor first aid:

The forest school leader is paediatric first aid trained. All other members of staff in the school are also first aid trained and therefore, can support with this. If first aid is needed whilst working with tools, all tool work will need to stop for the duration of the first aid. Any first aid required, will be logged on CPOMS upon return to school.

Major first aid:

The Forest School leader will be responsible onsite until professional assistance arrives. Should an incident occur, when the following will happen:

- The teacher or responsible adult will make contact with the office (school phone or walkie-talkie). They will then contact emergency services and parent/carers.
- The children will be gathered at basecamp when hearing the whistle
- The children will be counted by the supporting adult and depending on the nature of the incident, will return to the school building ASAP.
- This will be recorded on CPOMS upon return to school.

Medical form – staff and pupils

Full name	
Date of birth	
Contact name and relationship to child	
Home address	
Phone numbers	
Doctor	

Has your child had any of the following?

Illness	Comment	Medication needed. Please specify
Asthma/Bronchitis		
Sight/hearing difficulties		
Heart condition		
Diabetes		
Epilepsy		
Allergies		
Have you ever been stung by a wasp or bee? If yes, describe your reaction		

Date of last tetanus injection		
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For the purposes of GDPR – only the child’s/staff initials will be used/taken out with the Forest School Leader.

Fire

In the event of a fire, children will be counted and then assemble at their fire assembly point. This is where a register will be taken. If there is an uncontrollable fire in the forest, the forest school leader will blow the whistle and shout ‘Fire’. Everything will be left where it is, and children should follow the instructions of the Forest School Leader. A head count will be taken by a member of staff and everyone guided out of the woods as quickly and safely as possible. The forest school leader will make contact with the office and explain the situation. A final head count will be made, and the children taken to their fire assembly point.

Missing child

If a child is suspected of being missing, then the Forest School Leader will blow the whistle and gather children at base camp where a head count will be taken. All tools will be quickly locked away and an initial sweep of the Forest School area will take place. The supporting adult will remain with the group while the Forest School leader establishes the last time and place the missing child was seen. After 5 minutes, contact will be made to the office through the walkie-talkie or using the school phone. If outside agencies become involved, all members of staff will follow their advice. At this point, the group will be taken back to the setting/classroom.

Evacuation of site

The evacuation signal is the continuous whistle by the Forest School Leader – this is a sound that children will be familiar with. Children will leave forest school by the closest exit (as modelled by forest school leader each session) and meet on the field at the designated meeting point. A head count will be taken, and children will return to classroom. A register will again be taken to ensure all participants are present.

Evacuation in the case of extreme weather – In the case of extreme weather conditions, it may be necessary to evacuate the forest. In the event this happens, the whistle will be blow and children will exit the forest. Adult helpers

will gather the children and conduct a head count whilst the Forest School leader ensures the forest school area is clear and all tools/equipment are collected. Children will return to classroom.

Lock down

In the event of a lockdown, the following procedures will be applied. Communication from the school to the Forest School Leader will be via walkie-talkie. Any tools that are out, will be locked away by the assisting adult and any fires will be extinguished. The forest school leader will gather the children using the whistle if needed. The group will hide amongst the trees and wait for the all clear.

Toileting considerations

Children will always use the toilet before leaving for the forest school area on site. If a child is desperate and needs the toilet, they will use the Reception toilets (closest ones to site). An adult will accompany the children back to the school building. In the event that children are participating in tool work, this will stop, and children will return to basecamp.

Eating and drinking

From the very first session, children will be taught not to eat anything found at forest school using 'no pick, no lick and stop at the boundary'. As children will be out for around 1-2 hours, children will eat a snack and have a drink at basecamp. If we take drinks and snacks outside, we will ensure children use water and soap to clean their hands before eating and drinking.

Designated person of responsibility

The role of the Forest School leader is to ensure the safety and welfare of all participants whilst having fun. The leader will facilitate opportunities to support children's development through planned and purposeful sessions. The Forest School leader will observe participants and plan accordingly. The Forest School leader will be the first point of call for First aid and ensuring the safety of all participants, including staff.

Any additional adults attending the session will also be responsible for the safety and welfare of participants. A job card will be given to staff to ensure they are clear in their role during the session and how they can support the children.

In the event that the Forest School leader becomes injured, the additional adults will make contact with the main office via phone/walkie-talking and additional support from staff will attend.

Emergency card

Name of setting: Frome Vale Academy

Phone number of setting: 0117 3532902

Postcode: BS16 2QS

What3words: potato/tricky/ties

Grid reference: OS Grid Ref: ST 64279 77068

Emergency procedures

- FS leader to all 999 and deliver appropriate first aid
- Helper 1 – make contact with school office and request additional adult support – walkie talkie. Get the children to base camp safely away from incident
- Additional adult – meet ambulance and direct paramedics to casualty.

Emergency card – If Forest School leader becomes injured

Helper 1 – contact office via walkie-talkie and request ambulance and additional adult support.

Helper 2 - Gather children at basecamp and wait for additional adults to attend. Conduct a head count. Take children back to setting.

Office to ring ambulance and emergency contact.

SLT to attend Forest School and support with First aid/supporting other adults and children.

Office staff to meet ambulance and direct to site.

SLT to assist with ambulance/first aid if needed

Frome Vale Academy Forest School Risk Assessment

<p>What are the hazards? What are the issues or concerns?</p> <ul style="list-style-type: none"> Forest School site includes plants which are harmful to health 	<p>Who can be harmed and how? Think of all the different groups of staff, pupils, members of the public etc.</p> <p>Pupils Staff</p>	<p>What are you already doing? List what is already in place to reduce the likelihood of harm or make harm any less serious.</p> <ul style="list-style-type: none"> Site specific risk assessment completed for every Forest School site Forest School practitioners trained to recognise poisonous or stinging plants Forest School participants taught to recognise and avoid potentially dangerous plants e.g. stinging nettles Forest School practitioners trained in Outdoor First Aid 	<p>Further Action Required: How will you put the assessment into action? You may have outstanding issues. If so prioritise; say what needs to be done, by when and by whom.</p>
<p>Forest School site has trees or hanging branches which fall and cause injury</p>	<p>Pupils Staff</p>	<ul style="list-style-type: none"> Site specific risk assessment completed for every Forest School site Assessment of conditions takes place at the beginning of each session with all attendees Liaison with relevant Landscape Officer before the commencement of Forest School activity to highlight any specific issues <p>Remedial work carried out as part of Forest School activities if required</p>	
<p>Manual Handling- Whilst setting up, moving and transporting equipment to site and also when taking part in activities. Incorrect technique may lead to musculoskeletal disorders (back pain</p>	<p>Pupils Staff</p>	<ul style="list-style-type: none"> Forest School Practitioners trained in manual handling Forest School Practitioners responsible for passing on key manual handling messages to participants and helpers Where possible, remove the need to lift and carry heavy objects for long distances or use equipment which aids carrying e.g. trolleys and wheelbarrows Encourage practitioners, participants and helpers who are carrying heavy objects to carry in pairs where practical 	

<p>etc) and also trapped fingers and toe injuries.</p>			
<p>Adverse weather - wind - rain - cold - hot - storms Risk of accident or injury due to dangerous ground conditions, falling branches, lightning strikes etc.</p>	<p>Pupils Staff</p>	<ul style="list-style-type: none"> Check weather forecast prior to session Monitor ground conditions, especially access/egress to site Advise to wear appropriate clothing e.g. waterproofs for inclement weather, hats and scarfs to keep warm, hats and sunglasses and barrier creams for hotter days Terminate session if winds become excessive and loose branches/trees become dislodged or if they look unstable Terminate the session should a thunderstorm pass very close to the Forest School site and lightning strikes <u>become likely</u> 	
<p>Welfare – hygiene Participants are outdoors for long periods of time working with their hands in woodland environments with public access – risk of contamination or infection</p>	<p>Pupils Staff</p>	<ul style="list-style-type: none"> Participants will be reminded about good hygiene particularly before eating. Hand cleaning facilities will always be provided in the toilet area and participants will be made aware of this at the start and end of the session. 	
<p>Welfare – bullying Risk of emotional distress due to the bullying of one participant by another</p>	<p>Pupils Staff</p>	<ul style="list-style-type: none"> Group behaviour will be <u>monitored at all times</u> by Forest School practitioners Forest School practitioners trained to recognise when bullying is occurring Any signs of bullying to be dealt with immediately by Forest School practitioner and affected participants 	

<p>Safe use of tools</p> <ul style="list-style-type: none"> • Loppers • Secateurs • Billhook • Sheath knife • Mallet • Drill • Skewers <p>Risk of accident or injury due to misuse or tools being <u>inadequate</u> for the task in hand</p>	Pupils Staff	<ul style="list-style-type: none"> • Trained Forest School Practitioner to deliver “tool talk” and demonstrate safe use of tool to helpers and participants with the introduction of each new tool • “Tool talk” to include: <ul style="list-style-type: none"> • Description of tool including working parts • How to carry tool • How to pass tool • How and where to store tool • How and when to use tool • Safe working distances from other people • Personal protective equipment required for use of tool • Appropriate ratios of Forest School practitioners and helpers to participants to ensure participants are monitored when using tools • Ensure tools are <u>maintained properly at all times</u> 	
<p>Storage of tools – on and off site</p> <p>Risk of tools being left in an inappropriate condition in an inappropriate place which could cause accident or injury</p>	Pupils Staff	<ul style="list-style-type: none"> • Designated storage area for tools on and off site • Participants, <u>helpers</u> and practitioners all aware of location of storage areas and reminded to return tools to storage areas after use • Storage areas to be <u>kept tidy at all times</u> • Storage areas to be kept away from main thoroughfares to avoid trips • Tools to be stored in an appropriate way <u>e.g.</u> knives and saws inside a tool box 	
<p>Maintenance of tools – risk that poorly maintained tools could cause accident or injury due to faulty parts</p>	Pupils Staff	<ul style="list-style-type: none"> • Clear instruction to be given to participants about tool maintenance during “tool talk” • Tool maintenance to be part of general practice at Forest School sessions • Practitioner to check tools are properly maintained on a regular basis 	
<p>Building shelters – risk of rope burns when <u>tying knots to build</u></p>	Pupils Staff	<ul style="list-style-type: none"> • Participants are taught safe and effective knots as part of the Forest School Process 	

<p>shelters, risk of laceration or strangulation from dangling or suspended ropes, risk of shelters collapsing.</p>		<ul style="list-style-type: none"> • Rope is made in a bright colour (<u>e.g.</u> blue) so it stands out in the woodland environment, or hazard tape attached to guy ropes to ensure they are visible. • All participants, helpers and practitioners are involved in setting up shelters at “camp” so are aware of their location • Majority of shelters made using light weight tarpaulin • If high winds occur and shelters look unstable, they will be taken <u>down</u> or session will be terminated 	
<p>Play – risk of:</p> <ul style="list-style-type: none"> • slips, <u>trips</u> and falls • collisions with trees/each other • falling out of trees • collision during blindfold games 	Pupils Staff	<ul style="list-style-type: none"> • Participants are reminded to take care during periods of play • Participants, <u>practitioners</u> and helpers are reminded to wear practical clothing and footwear at all times during Forest School sessions • Practitioners test strength of branches before participants climb trees • If participants are playing games with blindfolds, they are paired up with a sighted partner to avoid slips, <u>trips</u> and collisions 	
<p>Handling of/exposure to natural materials that may cause harm to health</p>	Pupils Staff	<ul style="list-style-type: none"> • Any relevant allergies to be declared on consent form • Trained first aider and first aid kit to be <u>onsite with group at all times</u> • Site specific risk assessment to be completed on commencement of Forest School activities 	
<p>Bug hunting – <u>Risk</u> of bites, stings, allergies when handling insects</p>	Pupils Staff	<ul style="list-style-type: none"> • Any allergies of relevance to be declared on consent form/kept by accompanying teacher/adult • Trained first aider and first aid kit to be <u>onsite with group at all times</u> • Handling of insects kept to minimum with use of appropriate equipment <u>e.g.</u> nets and pots 	
<p>Fires – Risk of burns when lighting/maintaining fire, risk that fire may get out of control, risk of food cooked on</p>	Pupils Staff	<ul style="list-style-type: none"> • Clear instructions and procedures for fire lighting, <u>maintaining</u> and cooking which are established over a period of time with instruction from the Forest School practitioner • Rules for movement around fire pit area to avoid people bumping into one another while close to the fire 	

open fire being undercooked		<ul style="list-style-type: none"> Participants to be well supervised at all times when lighting, maintaining and using fires All food to be checked by an adult before it is eaten 	
Child protection – risk of inappropriate adult supervision	Pupils	<ul style="list-style-type: none"> All Forest School practitioners and helpers DBS checked Forest School practitioners and helpers appropriately experienced/trained to work with children in the Forest School setting Ensure there is an appropriate ratio of Forest School practitioners and helpers to participants 	
		<ul style="list-style-type: none"> 	

Risk assessment and risk benefit analysis

Dynamic risk assessment

<u>Hazard</u>	<u>Risk benefit</u>	<u>Frequency</u>	<u>Severity</u>	<u>Who?</u>	<u>Management</u>
Steps entering forest school	Children enter forest school	High – entrance and exit	2	Everyone	Member of staff will be either side of the steps supporting children as they enter site.
Trees/hanging branches which could fall	Children are able to experience the forest amongst the trees	Medium	4	Everyone	Site sweep at the beginning of the session Liaison with landscape company if needed. Remove any branches that may cause obvious harm.
Hammock	Gross motor skills Communication and language Counting Immersion of being outdoors mindfulness	High	3	Children	Adult stationed near the hammock. Forest school leader to model how to use the swing.
Slipping, tripping, falling on uneven forest school	Gross motor development Balance Coordination Risk	High	3	Everyone	Yellow flags will be used to mark potential hazards. Children will be involved in identifying the hazards each session.

Eating natural items e.g. berries, fungi	Learning opportunities for pupils to identify different parts of plants and ones that could potentially cause harm.	Medium	4	Children	No Lick no Pick! Put a rope around any trees that could cause harm Ensure children wash hands before eating/the end of the session
Injury from using tools	Hand/eye coordination Learning responsibility Seeing knives as tools, not weapons Build objects/make tools	Medium	4	Children and staff	Demonstrate to children the correct ways to use tools Supervised on a 1:1 basis Leader to check all tools at the beginning and end of each session. Tools will be stored securely at all times
Handling/or eating bugs/minibeasts	Children engage with their natural world Hands on experiences Seeing minibeasts – link to science	Medium	Low	Children	No lick no pick! Ensure hands are washed after each activity.

Staffing

In line with our school policy, the adult to children ratio for Forest school is 1:8. Therefore, for our Reception class, we will need 3 adults. 2 TA's and the class teacher being the Forest School leader. All children will go to the toilet before the session. If a child needs to the toilet, Helper 1 will take the child to the closest toilet (Reception class). During this time, children will gather back at basecamp for water/story to minimise the risk. Once the child/children return, children can continue exploring the forest.

Risk management – tools and equipment

General rules for tool use:

- All tools must have an individual risk assessment in Health and Safety Folder
- Ensure safe storage in a locked cupboard (Esther's office) at school with nominated Forest School leader access and responsibility (Sophie and Esther)
- Ensure safe storage and responsibility by Forest School Leader at the Forest School site.
- Never walk around with tools
- Always make sure they are clean and sharp before using them
- When using tools with children, it should only be with the Forest School Leader
- When using tools, you have a designated tool area when the children will sit when using the tool (Left hand side of basecamp by pallet/tree)
- Children will never be allowed to help themselves to the tools and will have adult supervision when using or transporting tools.
- All tools will be counted out and in at the beginning and end of each sessions.
- Once confident with a tool, the child will be shown the correct way to care for it and clean it.

Tools used in Forest School



Potato Peeler

To practise the action of moving the blade away from them. This is the beginning phase of whittling and good practise before using a pen knife. Demonstrate how to use the peeler, whilst sitting down, making action away from body and keeping away from hands. Demonstrate how to remove any excess wood from the peeler safely. Supervise 1:1 basis for KS1. Count the peelers out and in each session. **Cleaning – wipe after use if necessary and return to box.**



Knives for whittling

This leads on from the potato peeler. Pen knives used for whittling. This will be used on a 1:1 basis with the Forest School leader. Create a 'blood bubble' around the individual and children understand they cannot go into the bubble. Ensure the child holding the handle with their dominant hand and with the knife facing away from them. The child will be moving their hand/arm away from the body and in a seated position. The child is supervised at all times. Once the child has finished using the knife, this is returned immediately to the locked box. All knives are counted in and out of each session. Forest School leaders will keep their knife in a zipped pocket. **All knives to be stored in a locked cupboard, in a locked box at setting. Transporting knives need to be in a locked box. When not being used during the forest school session, they are to be kept in a locked box or in forest school leaders zipped pocket. The locked box should be located in the tool area identified by Forest School leader. Cleaning – use sandpaper moving it away from you and the sharpening tool three times.**



Bow Saw

Forest school leader will make a judgement as to whether children are ready to use the saw. Children will be shown the safe procedure for using the saw making sure there is a safe distance between around them and from all other children/adults. Forest School leader will model how to use the saw safely and correctly. Children will wear a protective glove on their non-saw hand to protect against any accidental cuts. The Forest School leader will be closely observing the children whilst they are using the saw. When finished, the saw will be placed back in the locked container. **Cleaning – use a cloth to remove dirt and moisture from the blade.**

Additional tools will be added to the handbook when appropriate

Safety sweep evidence

Before each Forest School Session, there will be a safety sweep of the Forest School site to look for and assess immediate risks. All safety sweeps will be recorded and filed by the Forest School Leader.

Safety sweeps will be recorded and stored in the health and safety folder

Date:	Time:	Weather:
Name of Forest School Leader:		

Checklist	Yes/No	Comments
Fallen branches		
Low branches		
Brambles/nettles		
Slippery areas		
Steps leading down to entrance		
Broken glass/needles		
Vandalism/intruders		
Weather effects		
Water area – flask		
Base camp		
Tool area roped off (if appropriate)		
Emergency rucksack		
Equipment ready		
Spare clothes		
Large hammocks		
Rope swing		
Check pallets for damage		

Other hazards identified:
Action taken:
Signature:



3 year sustainability plan

At Frome Vale Academy, we aim for our children to have an understanding of their impact on the environment. We are committed to ensure that the activities/learning that takes place at Forest School, still protects our wonderful environment. We will involve children in site checks, collection of rubbish/recycling and how we ensure we leave our forest in a good condition.

Impact of Forest School

Activity and Impact	Where/what	Management actions
Fire	Basecamp area, soil/ground	Only use a fire pit to protect ground and area
Digging	Soil layer	Contain areas of digging and analyse frequency. Ensure areas of digging are away from tree roots. Maintain any

		digging areas and resow if needed.
Footfall in main walkways of the forest (entrance and basecamp area)	Main paths Entrance Steps Exit	Clear space and try and create new paths for children to use. Woodchip paths Rotate popular play areas.
Broken tree branches through climbing and use of swing	Trees – left side of forest school	Talk to the children about how to care for and look after trees. Remove swings after each session. Rotate climbing trees Check trees for damage before using as a swing
Cooking/eating	Basecamp	Take all litter away Provide bins for children to use Remove all food waste (fruit) when leaving site. Children to use basecamp for eating snack
Collecting natural materials and damaging habitats	Main forest area	Only flowers/leaves/sticks from the ground – no pick! Inform children about rare plants/trees we have Analyse frequency of collecting and picking activities.
Positive impact		
New animal habitats	Trees	Create new animal habitats e.g. bird boxes. Make bird feeders. Help children identify different animals and where they might live.

3 Year Plan

Year 1

- Take photos of site
- Assess the location of basecamp
- Remove any litter
- Check clearing
- Cut back more of the nettles/branches to create paths for the children to use

Year 2

- Rest areas (basecamp and frequently use paths)
- Review the pictures from Year 1
- Replenish resources
- What is basecamp looking like?

Year 3

- Move areas
- Planting trees and plants in area
- Look at pictures from previous year. Is it sustainable all year round for the children that are using it?
- Review climbing trees and rotate if necessary
- Review dead wood
- Review boundaries
- Create birdboxes/feeders to encourage wildlife

Letter to parents/carers

Dear Parents/Carers,

During your child's Reception year, they will be participating in Forest School on a weekly basis. We aim for the children to attend a minimum of two sessions a week in our wonderful Forest School area, located at the edge of our field.



Please ensure your child has the following clothing to change into:

- Outdoor shoes – Wellington boots
- Warm socks – in addition to their school socks
- A warm coat – preferably waterproof
- Long sleeve jumper
- Long trousers/leggings/tights
- Extra layers of clothing depending on the weather.

As always, please ensure your child's name is in all items of clothing.

Forest School is a fantastic opportunity for your child. They will be participating in a learning such as den/shelter building, role play, exploration practical and creative skills, use of tools and hot chocolate around a fire.

We hope your child enjoys their time at Forest School!

Miss Pring

Adult agreement form

Before attending Forest School at Frome Vale, all adults – staff and volunteers – must read the handbook and risk assessments. Please sign this sheet before you attend each Forest School session to confirm.

Name	Date	Position	Signed
