

# St Alban's C of E Academy



Forest School

At St Alban's C of E Academy our children will have the privilege to engage in Forest School Activities. Forest School is a unique approach to supporting children's connection with woodland spaces whilst on building on key skills such as self-confidence, resilience and independence. The programme aims to promote children's physical, social, cognitive, linguistic, emotional, social and spiritual development, by letting them focus on their own interests.

The school works closely to the Forest School ethos:

"Forest School inspires a deep and meaningful connection to the world and an understanding of how a learner fits within it" – Forest School Association.

We achieve this by following the 6 principles of Forest School:

Forest School is a long term process with frequent and regular sessions in a local natural space, not a one-off visit. Planning, adaption, observations and reviewing are integral elements.

Forest School takes place in a woodland or natural wooded environment to support the development of a relationship between the learner and the natural world.

Forest School aims to promote the holistic development of all those involved, fostering resilient, confident, independent, and creative learners.

Forest School offers learners the opportunity to take supported risks appropriate to the environment and themselves.

Forest School is run by qualified Forest School Practitioners who continuously develop their professional practice.

Forest School uses a range of learner centred processes to create a community for development and learning.

Spiritual reflection is an essential and intrinsic element in the curriculum we teach. We enable our children to reflect on their world and the world beyond them so that our children will have a wider understanding of the world around them. This Christian teaching will lead our children to have a greater fulfilment and tolerance towards all faiths in society leading to peace and hope for their futures.

The spiritual life of our school enriches the whole school community. We ensure our curriculum is enriched with the awe and wonder.

For example, within EYFS Forest School supports children physical development through den building, leaf rubbing. It supports their communication and interaction through problem solving and team work.

This can also be evident within KS1 it develops their social skills, scientific knowledge through problem solving and exploring the natural environment such as minibeast hunts and habitats.

We create a platform in KS2 to provide the best possible opportunity for the children to have a strong understanding for the future. An example of this is team building, developing their scientific knowledge through identifying plants and trees, making bird feeders and bug hotels.

We believe that by offering our children opportunities to work through intrinsic motivations, children will become confident and capable learners, who foster a growth mind-set towards all their learning.

