

# Forest School Welcome Pack



**Information for parents and  
Children attending  
Easter Forest Camp**

*We acknowledge that children need to take risks in order to develop and grow. Dirt and scrapes are part of a healthy childhood.*

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## All about the Kent High Weald Partnership



The Kent High Weald Partnership (KHWP) is a non-profit organisation working to 'link the community and countryside' across the borough of Tunbridge Wells. We achieve this by delivering environmental education; Forest School programs; land management for wildlife; volunteering and family events.



KHWP has a dedicated team of Level 3 Forest School Practitioners and qualified teachers delivering a wide range of educational activities both in, and outside of the classroom. Since 2012 this has included Forest School programmes at Bedgebury Pinetum.

KHWP were established in 1991, and are core funded by Kent County Council and Tunbridge Wells Borough Council. We are insured under KCC's PLI policy for up to £50 million, and are guided by the Kent Safeguarding Children's Board in our delivery of work with young people. All staff are subject to enhanced DBS checks, and hold a variety of first aid qualifications.

# Meet the team

## Forest School Practitioners at KHWP

Most forest school practitioners come from very diverse backgrounds and our team are no exception. Collectively they bring decades of experience; a wide variety of skills and of course loads of passion to their forest school delivery.



**Saul Fajerman, Education Officer**, Saul has been working in practical conservation, and environmental education since 2003. He also brings with him to his work a passion for bushcraft and woodland skills. Saul has been a Forest School Practitioner since 2013 and has a teaching qualification.



**Vikki Osborne, Partnership Support Officer**, Vikki has been working in practical conservation management and delivering environmental education since 2010. She is skilled in working with Early Years and SEN groups. Vikki is a qualified Level 3 Forest School Practitioner.



**Cally Fiddimore, Partnership Officer**, Cally has been working in conservation and outdoor education since 2010 and is passionate about getting people out and about and enjoying our natural world. Cally is a qualified Level 3 Forest School Practitioner and British woodland's number one fan!



**Kelly Vincent, Partnership Officer**, Kelly's career in Countryside Management began in 2006. Since then she has gained years of experience working in various locations and achieved a teaching qualification. At KHWP, her interests and experiences combine perfectly. She has seen the empowering effects of being outdoors and the confidence that is gained through associated achievements, big and small.



**Rebecca Messenger, Partnership Officer**, Bex is currently undergoing her Level 3 Forest school training with the Bright Sparks team. Amazing at arts and crafts, and with a wealth of wildlife knowledge she is a great addition to our team.

## What is Forest School All About?

Forest School originated in Scandinavia in the 1950's and was intended as a way to teach children about the Natural world and environmental issues. During Forest School sessions children spend time regularly in woodlands or outdoor areas and learn through fun and exciting woodland activities. They learn how to cooperate and work with others to solve problems, use their own initiative and handle risks.

Forest School has been developed into an educational programme which is child led and incorporates activities with elements of risk. It is inclusive, very flexible, and can be used with a wide range of ages and abilities. Forest School is focused on helping to develop personal, social and emotional skills such as:

- ◇ **Confidence**
- ◇ **Independence**
- ◇ **Communication skills**
- ◇ **Self-esteem**

## Forest School Ethos

*'There is no right or wrong in Forest School, just safe and unsafe'*

Building self-esteem is at the core of the Forest Schools ethos along with confidence building and encouraging independence through providing opportunities for active outdoor play and discovery.

Forest School activities are deep and memorable learning experiences . They often results in more positive experiences back at school and throughout life.

## The Forest School Association

The professional body for Forest School and promotes quality forest school for all. If you want to find out more see: [www.forestschoollassociation.org](http://www.forestschoollassociation.org)

## Who can attend Forest School?

Due to its ethos of self guided, experiential activities Forest School is open to nearly all ages and abilities. Practical considerations do require there to be some requirements.

## What are the minimum requirements?

- All participants must be able to manage their own toileting needs without assistance. Some sites will not have a proper toilet available.

*While all members of staff are subject to Enhanced Criminal Disclosure, helping children with their intimate needs is not part of their role. However if a child does have an accident then our team will assist them in a sensitive manner and help preserve their dignity.*

- All participants must be confident enough and have sufficient endurance to be able to spend the duration of the session in the woods.
- All participants must be able and willing to follow instructions.

*Forest School involves the use of sharp tools and proximity to fire. The inherent risks of these activities are managed by risk assessment, risk benefit analysis and a dynamic risk assessment.*

*Key to our risk management systems is the participants observing demonstrations and following simple instructions. To ensure participation in some of these more exciting activities it is essential that participants are able to listen to and follow instructions.*

# What sort of activities may the children be doing?



# What to Bring and Wear on the Day

*“There is no such thing as bad weather only the wrong clothes”  
Ancient Scandinavian saying*

## Clothing

Please wear clothes that are suitable for the weather. You will enjoy the day much more if you are comfortable. We will be out in the countryside all day so there is always the risk of bites, scratches and stings. This can be largely avoided by wearing the correct clothing.

### During the winter months:

- Hat and gloves
- Jacket/ waterproof coat + trousers if possible
- Fleece/ jumper
- Warm trousers
- Wellies/ walking boots/ sturdy shoes

### During the summer months:

- Sun hat and sun screen
- A thin, long sleeved top/long sleeved t-shirt
- Long sleeved jumper
- Trousers NOT shorts
- Sturdy shoes/ walking boots
- Water proof coat



Winter

### Please do not wear:

- **Shorts**
- **Skirts**
- **Vest tops**
- **Sandals**



Summer



## Food and Drink



**Meals are not provided as part of the session.**

Please send any participants along with suitable snacks. Please send them with a drink. All will need to be clearly labelled with their name

*We not be doing any communal cooking, We will be able to refill drinks with water but all drinks bottles need to be clearly labelled*

## Tools & Equipment

**We supply all tools and equipment for the session**



**Please do not bring tools or knives from home**

## Enjoying the Experience

Wellbeing of children and adults at forest school is our priority.

We allow children to assess and take appropriate risks and therefore become responsible for themselves and others. Children may use bow saws, loppers, billhooks, safety whittlers, and knives. They may make fires and do campfire cooking. Children may also climb trees, slide down slopes, make a rope swings and explore streams.

*We acknowledge that children need to take risks in order to develop and grow. Dirt, minor cuts, bruises and scrapes are part of a healthy childhood*

- Sessions are led by a level 3 Forest School Leader
- Staff are DBS checked and qualified first aiders
- We plan activities for the age and ability of the children
- Procedures and risk/benefit assessments are in place for each tool and activity

## Child Protection and Safeguarding

Kent High Weald Partnership is governed by Kent County Council's Child Protection and Safeguarding Policy. All KHWP Staff are DBS checked and trained in Child Protection—Basic Awareness

- All children have equal rights to protection from abuse and exploitation.
- Child abuse is never acceptable
- Kent High Weald Partnership has a commitment to protect the children they work with

More information:

- ◆ [www.kent.gov.uk](http://www.kent.gov.uk) and click on Children's Social Services
- ◆ **08458 247 247**
- ◆ [www.proceduresonline.com/kentandmedway](http://www.proceduresonline.com/kentandmedway)

## How to Find us

**These Sessions are exclusively for children from  
Southborough Primary School**

The drop off point for the Forest Schools sessions is

**Southborough Primary School main car park**

A member of the Forest School Team will meet you outside the Visitor Centre

**If you need to contact us on the day of the session please  
call on: 07740185368**