



Wildlings

FOREST SCHOOL

What to expect at Wildlings Forest School

The aim of Forest School is to develop the person as a whole. The outdoor setting coupled with the child-led learning process through small achievable tasks builds self-confidence and esteem, resilience and emotional and social skills. These skills are transferable to other areas of your child's learning.

Early sessions will involve children getting to know the site, Forest School routines and basic safety rules.

As sessions progress over the weeks and months activities will move from leader facilitated to more child-led.

Forest School also:

- Develops fine and gross motor skills to stay active and healthy
- Promotes co-operative and group work skills
- Encourages self care and care of others
- Fosters an appreciation and respect for the environment and nature
- Broadens knowledge and understanding of wildlife and natural processes

A typical Wildlings Forest School session involves:

- Meeting leader at the gate into the Attenborough Arboretum.
- Walking to the Forest School circle.
- Gathering around the Forest School Circle (log seats) to share news, name game and introduction to that session.
- Activities often happen in and around the Forest School circle.
- Alongside suggested leader activities there is time for your child to choose a free-choice activity, explore the site (under your supervision), or follow a seasonal/themed picture/clue/quiz trail.
- Towards the end of each session children will be asked to help with tidying up equipment and resources.
- To close the session, everyone will gather around the Forest School circle to share their experiences, something they made or did or enjoyed or will have time for a quiet reflection.
- Before walking back to the gate and heading home.

Activities could include:

- Natural art
- Knots and lashing
- Shelter building
- Fire lighting and/cooking
- Wildlife discovery - bug hunts, pond dipping, animal tracking
- Plant and tree investigations and identification
- Climbing and balancing
- Hand tool use to make items e.g. musical instruments, jewellery, decorative objects
- Building bug homes and bird feeders

Forest School Site: Attenborough Arboretum

Address: Carisbrooke Road, Knighton, Leicester LE2 3PF

What 3 Words /// noon.ground.shade

The site is owned by the University of Leicester and is open to the public.

Parking available on site and on street.

Facilities and Access:

Toilets in classroom building - 1 unisex and 1 disabled unisex

Handwashing available in toilets and at Forest School Circle

Main paths are surfaced (crushed limestone/wooden boardwalk); other paths/surfaces are grass/mud

Benches around site and log seats in main activity area

Pond on site - Deep Water

What to wear/bring:

As all sessions happen outside please see suggested clothing for you and your child/ren below to wear/bring depending on the weather and season.

Autumn/Winter: Sept - March	Spring/Summer: April - July
Base layer/thermal vest	Long sleeve top
Long sleeve top	Long trousers
Jumper	Jumper or fleece
Thermal leggings/tights	Wellies/waterproof boots (if wet/muddy) or Walking boots/shoes/old trainers (if dry)
Warm trousers such as joggers	Waterproof jacket and trousers/puddlesuit
Warm coat/fleece	Sun hat
Thick socks or 2 pairs of thin socks	Sun cream
Hat, gloves and scarf/neck warmer	Bag to carry things in
Waterproof jacket and trousers or puddle suit	
Spare clothes/extra layers	
Bag to carry things in	

Snack and a drink for you and child/ren

There will be time for you to have a snack break. Please bring a snack for you and child/ren

I will occasionally provide a snack/drink - please let me know in advance about any food allergies/dietary requirements.

Adults at Wildlings Education Groups and Activities

Please follow these guidelines to help keep our groups and activities a fun and safe place for children and young people.

- Sign in with the Wildlings Education leader on arrival and Sign out when leaving the group session or activity.
- Children must be supervised by their accompanying adult throughout the Wildlings Education group sessions/activities.
- Accompanying adults are responsible for the behaviour of the child/ren in their care - do not discipline other people's children.
- Behave in a way that sets good examples for the children and young people
- Listen to and follow any safety briefings and instructions provided by Wildlings Education leader.
- Only trained assistance dogs are allowed to attend Wildlings Education groups/activities.
- Only take photos with permission of the Wildlings Education leader and the adult accompanying child or young person.
- Avoid touching a child/young person in a way that could be misunderstood
- Use appropriate language - no swearing or suggestive language or gestures
- Avoid being alone with any child/young person (except the child/young person in your care)
- Do not smoke/vape during the group sessions or attend under the influence of alcohol or other non-prescription drugs.
- Be alert to and avoid anything that has potential to cause an accident or injury.
- Inform the Wildlings Education Leader aware of any safety issues/concerns as soon as they occur, including broken or damaged equipment/resources or unsafe environment or behaviour.
- Inform the Wildlings Education Leader if you have any concerns regarding child safety or welfare.
- Enjoy your time at Wildlings Education Groups and Activities.

Safeguarding policy available on request.

Photography and Filming

To help with promoting the group and the work of Wildlings Education, I would like to be able to take photos.

These photos may be published online (including social media and my website) or in printed materials or by responsible partner organisations.

If you are happy for your child and/or yourself to be photographed/filmed, please complete a consent form (copies available at registration).

You can withdraw your consent at any time however it may not be possible to remove previously used images.

For all children to feel included, I do sometimes ask if it is OK for photographs of something they have made or are doing (eg. hand only shots) to be taken - parents/carers can withdraw from this too.

Photography and Filming Policy available on request.

info@wildlings-education.co.uk

Wildlings Education 2025 - Amended 12 March 25