

Forest Schools Parent Helper Guide



Thank you very much for offering to help with our Forest School sessions! Forest School sessions aim to give children freedom and to experience managed risks, such as working out themselves how many children is safe on the hammock. The following is a guide to how you can help within sessions.

- Help check that children are wearing clothing and footwear appropriate for the weather and time of year. Help younger children with getting changed.
- Support children's learning and development as modelled by the Forest School leader.
- Allow children the freedom to explore and play without adult interruption whenever safely possible.
- Help the children to recognise and avoid hazards such as harmful plants, germs, trip hazards etc.
- Alert the Forest School leader immediately if a child is hurt or behaving in a way that could endanger the health and safety of others.
- Support the Forest School leader with tasks such as assisting with activities, preparing snack, offering guidance, and ensuring children stay within the designated area.

The main rules the children must follow at Forest School:

- Walking on site, not running
- Walking around, never through, the fire circle
- Carry long sticks by dragging behind them
- Not putting anything in their mouths

*Please note, mobile phones may not be used when helping at Forest School sessions and photographs may not be taken of any children. School staff will have an ipod to photograph the sessions.