

ASPIRE Forest School

Stars Day Nurseries Limited
Early Years and Childcare
Provision
2023

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Stars Day Nurseries Forest School builds on the learning intentions within Aspire to Learn:

- Environment
- Healthy Life
- Community

and aims to instil in children a lifelong love of the natural world.

We know that being outside has numerous positive benefits for children's well-being, mental health and physical health and the Forest School enables children to become immersed in nature, develop new skills and learn about the beautiful world we live in.

Forest School Leaders are trained to follow the six guiding principles of Forest School:

- 1. Forest School is a long-term process of frequent and regular sessions in a woodland or natural environment, rather than a one-off visit. Planning, adaptation, observations and reviewing are integral elements of Forest School.**
- 2. 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.**
- 3. Forest School aims to promote the holistic development of all those involved, fostering resilient, confident, independent, and creative learners.**
- 4. Forest School offers learner the opportunity to take supported risks appropriate to the environment and to themselves.**
- 5. Forest School is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.**
- 6. Forest School uses a range of learner-centred processes to create a community for development and learning.**

[Full principles and criteria for good practice | Forest School Association](#)

Forest School teachings are also implicit within the seven areas of learning stated in the Statutory Framework for the Early Years Foundation Stage:

- Communication and Language**
- Personal, Social and Emotional Development**
- Physical Development**
- Maths**
- Literacy**
- Understanding the World**
- Expressive Art and Design**

[Early years foundation stage \(EYFS\) statutory framework - GOV.UK \(www.gov.uk\)](#)

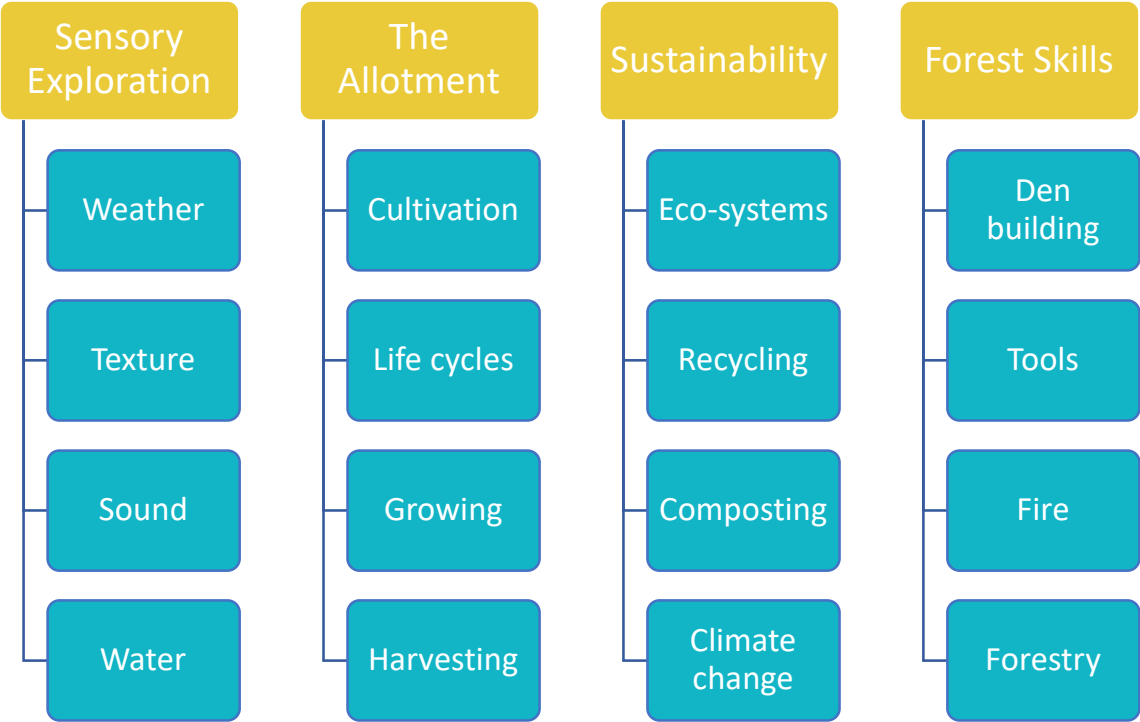
Forest School enables children in Stars Day Nurseries settings to develop a broader knowledge of the natural world, while working together and learning new skills.

Children naturally play and explore the environment they are in. Forest School Leaders provide challenging and awe-inspiring environments that stimulate children's imaginations and foster learning.

Welcome to Stars Day Nurseries Forest School Approach.

Aspire

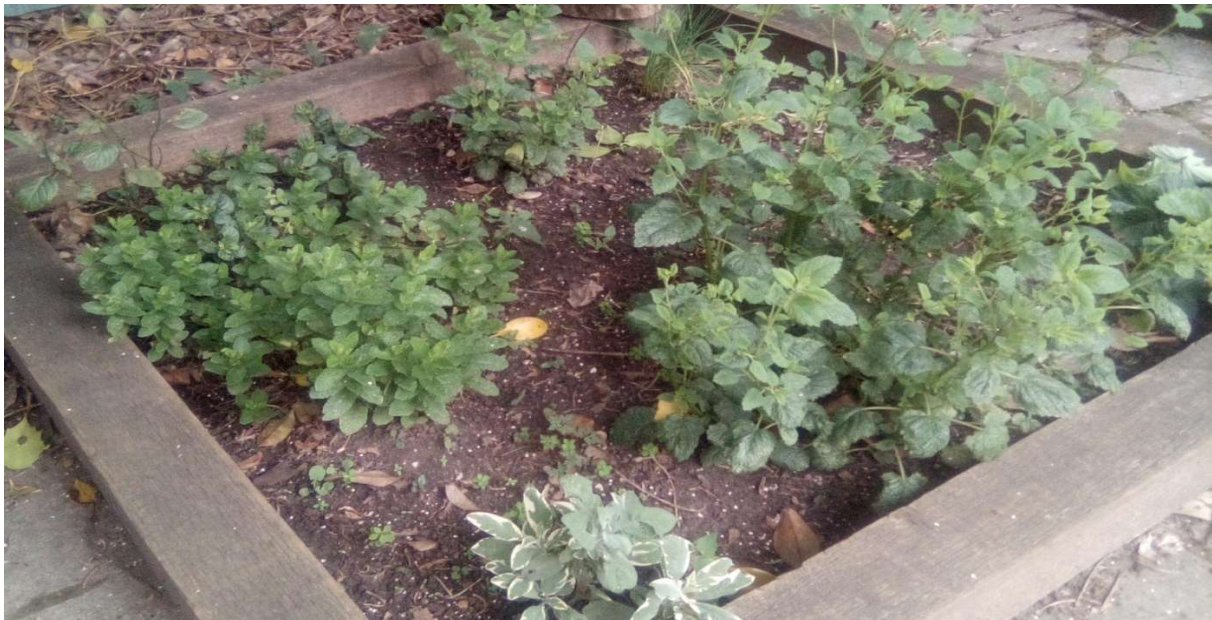
Forest School Learning Intentions



Sensory Exploration		
Weather	Children experience the climate and learn about the power of the weather and its impact on nature and our changing seasons.	<ul style="list-style-type: none"> • Autumn • Winter • Spring • Summer
Textures	Children explore the textures of natural materials and learn the properties of resources found in the forest school.	<ul style="list-style-type: none"> • Tree bark • Foliage • Soil • Stone
Sounds	Children listen to the sounds of nature in the forest school and learn to distinguish between natural sounds in the environment	<ul style="list-style-type: none"> • Bird song • Wind • Echoes • Rhythm
Water	Children investigate the properties of water and its importance for life in the natural world.	<ul style="list-style-type: none"> • Solids and liquids • Rainfall • Hydration • Volume



The Allotment		
Cultivation	Children learn about the cultivation of the soil and nutrients needed for plant growth	<ul style="list-style-type: none"> • Soil • Digging • Weeds • Growing conditions
Life cycles	Children investigate the life cycles of plants and animals and learn how insects and birds support life on the allotment.	<ul style="list-style-type: none"> • Insects • Birds • Trees • Seeds
Growing	Children plant seeds and crops, discovering how the weather and growing conditions support the growing plants.	<ul style="list-style-type: none"> • Sowing • Growth • Tending to young plants • Decay
Harvesting	Children harvest their crops and learn the properties of the food they have grown to eat for snacks and meals.	<ul style="list-style-type: none"> • Harvest • Food groups • Cooking • Tasting



Sustainability		
Eco systems	Children learn about our fragile Earth and how eco-systems work and live in harmony together	<ul style="list-style-type: none"> • Land • Oceans • Mountains • Deserts
Recycling	Children participate in recycling and learn the importance of recycling for the future of the planet	<ul style="list-style-type: none"> • Plastics • Paper and cardboard • Food waste • Textiles
Composting	Children discover how composting creates an environmentally friendly allotment that benefits the soil and birds and insects	<ul style="list-style-type: none"> • Building the heap • Ingredients • Worms • Mulching
Climate Change	Children learn about our changing planet and the impact climate change is having on their lives.	<ul style="list-style-type: none"> • Global temperatures • Carbon footprints • World impact now • The future



Forest Skills		
Den-building	Children participate in working together to build a den/shelter. Working together safely to achieve a shared goal.	<ul style="list-style-type: none"> • Teamwork • Problem solving • Safety • Shelter
Tools	Children learn how to safely and correctly use tools to support their play in a variety of areas i.e., den building, gardening etc.	<ul style="list-style-type: none"> • Tool use • Safety with tools • Guided support • Tool practice
Fire	Children learn how to be safe around the campsite and learn how to use a fire for warmth, cooking and crafts.	<ul style="list-style-type: none"> • Warmth • Cooking • Fire triangle • Fire Safety
Forestry	Children learn the craft of creating, managing, planting, using, conserving, and repairing forests and woodland areas.	<ul style="list-style-type: none"> • Care for the environment • Creating environments • Using resources • Managing the environment



