

Key Subjects: Geography, Science

Venue: Waltham Abbey Gardens, WaterWorks nature reserve Leyton, River Lee Country Park

Programme Length: 2 hours

The Forest Schools ethos

Forest schools support the development of an inquisitive and positive relationship between the learner and the natural world.

They aim to develop the physical, social, cognitive, emotional and social aspects of the learner.

Forest Schools is a learner centred approach which recognises the importance of the holistic development of all those involved, installing confidence, independence and creativity.

The lifelong learning taken from Forest Schools benefit not only the individual but the wider community as a whole.

SAFETY All activities and sites are risk assessed. All Lee Valley Regional Park teaching staff carry mobile phones and first aid kits. Groups should follow their own ratio guidelines. We provide a copy of our safety rules for teachers to discuss with students prior to visit. Further H&S information is available at visitleevalley.org.uk/education

CLOTHING Appropriate outdoor clothing for weather on the day e.g. waterproofs, suitable footwear, sun cream and hat.

Our aims

Our forest school offer aims to introduce young people and their teachers to the Lee Valley Regional Park's 10,000 acre classroom. Utilising its open spaces and the outdoor teaching experience of the Lee Valley Park's Youth and Schools Service we aim to:

- Develop participant's understanding, respect and sense of ownership of the Lee Valley Regional Park, creating positive attitudes to learning and outdoor environments.
- Encourage participants to have greater confidence, self-esteem and resilience.
- Improve participant's ability to cooperate and understand the needs of others.
- Develop participant's creativity, risk assessment and problem solving skills. Encourage respect and understanding of living things and outdoor environments.

RESOURCES All required resources, equipment and tools are provided.

BEHAVIOUR Teachers are responsible for good behaviour throughout their visit including lunchtime supervision. We encourage Forest Schools participants to show respect to the environment, wildlife and each other and promote and encourage sharing, cooperation, kindness and empathy.

How will these aims be achieved?

- Providing the opportunity for exploration and discovery within the Lee Valley Park. Facilitating questioning, play and self-directed learning, increasing attention spans.
- Providing regular opportunities for success with small achievable goals, to create appropriate levels of challenge within a supportive and encouraging environment.
- Demonstrating the benefits of teamwork and facilitating participants sharing and playing together.
- Facilitating appropriate, respectful behaviour within the outdoors.

WASTE AND RECYCLING Please see our website regarding lunch waste and advice on how to encourage pupils to bring a rubbish free lunch along with our recycling policies.

POST VISIT Pupils can send their Forest School experience inspired letters, poems, pictures and environmental pledges to youthandschools@leevalleypark.org.uk
A selection will be displayed online at visitleevalley.org.uk/education

- Giving participants the time, freedom and independence to develop their creativity, problem solving and risk assessment skills while gaining a greater understanding of new aspects of the natural world.

Who are we?

The Park's Youth and Schools Service deliver outdoor learning to over 20,000 young people each year. The Service deliver a wide range of topics to students of all ages, including minibeast hunting, sensory safari's, working farm visits, history programmes and orienteering.

All staff are first aid trained; session leaders are Accredited Practitioners of the Institute of Outdoor Learning and have training in Makaton. The Youth and Schools Service also holds the Learning Outside the Classroom Quality Badge.



Quality Badge awarded by



Our contact details

To book or discuss this programme please contact the Youth and Schools Service on **03000 030 618** or email youthandschools@leevalleypark.org.uk

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Lee Valley
Regional Park Authority