

Forest School - Newsletter

Our first copy of our BRAND-NEW Forest School Newsletter for you all to enjoy!



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News from the garden

By A. Davison

"Look deep into nature, and then you will understand everything better" – Albert Einstein.

"Spring is nature's way of saying, 'Let's party!'" – Robin Williams

We are now half way through our first Wollaston Forest School programme and off to a great start. The students involved have enjoyed a range of activities and have had multiple opportunities to explore, learn and express themselves in our garden site.

Week one broke the ice with the students and allowed them to get to know each other through games. It was interesting to see what the students came up with when asked to tell the group about an interest they have – it is lovely to have such a diverse group in the sessions. The group then looked at basic knots and created a rope swing from one of the trees which they loved.

The second week started with a foraging game – students used coloured tiles to see if they could find objects in the garden that matched the colours. They then went onto making either frames using box lashings or crowns which they decorated. The aim of the session was to unleash the students creative side and to see how they responded when given the freedom to choose tasks. Of course, we finished the session with a hot chocolate and cream.

What is happening next?

“My favourite thing is working with tools” - Grace



Session three introduced the tools which we will be working with over the next 6 session, which excited the students greatly. Whittling and knife work seemed to be the most enjoyed activity during the session, with all the students being very engaged and focused. The aim was to allow the students to experiment in a safe and secure location with more indepth sessions on the individual tools planned.



We have two session remaining leading up to Easter which will focus on looking at the pond as a ecosystem and practicing whittling as a skill, along with having holistic calming, creative activities to help build self-esteem and mental well-being.



Last weeks session seems to have been the most successful so far. The students were able to chip fidget toys and bouncy balls out of blocks of ice. Such a simple but effective task with all the students demonstrating amazing communication and skill. Additionally the students were able to show their artistic skills and paint the log seating in designs of their choosing.

The timetable for the remaining sessions is shown below and will focus of individual activities, along with team building activities. Students, for the remaining sessions will be split into two groups of five, with the groupings changing week by week. The aim of this is to allow students to be brought out of their comfort zones and develop communication skills, teamwork skills, emotional resilience and build friendships.

Session	Activity 1	Activity 2
5	Pond Dipping	Name Signs
6	Whittling Practice	Clay
7	Bowsaw Practice	Building Shelters
8	Making Fidgets	Giant Bubbles
9	Making Key Hooks	Rope Bridges
10	Spiderweb Challenge	Clay Leaf Bowls
11	Cooking on a fire	Garden Party

