

Forest School Rules: Keeping Everyone Safe and Happy

At the beginning of each year, we introduce our Forest School rules to new pupils and refresh them for returning students. Feel free to test your child on them!

The Three-One Whistles Rule

- **Three whistles:** Stop immediately, put down any equipment, and return to the fire circle within one minute. This signals an emergency, a new task, or the end of the session.
- **One whistle:** Stop and freeze. This allows the Forest School Leader to communicate with another adult or a group of children.

The Boundary Rule

Stay within the designated Forest School area at all times. Children must be visible to adults.

The Stick Rule

- We encourage using natural materials, but sticks cannot be longer than your arm at the start of the year. As trust builds, we may use larger sticks later on.
- To protect our woodland ecosystem, we have a 'stick amnesty' as we leave. Please hand in any sticks you've collected (unless you've made something to take home during the session).

The Pond Rule

Do not go beyond the barrier around the pond in the Woodland unless supervised by an adult for activities like pond dipping.

The Fire Circle Rule

- When the fire is lit, kneel on one knee ("proposal position") to approach it, allowing for a quick retreat if needed.
- Do not walk or run through the fire circle. When getting up, turn around and walk around the perimeter.

The Climbing Rule

- Small trees are fine to climb unsupervised.
- Larger trees are designated as "The Climbing Tree" on rotation and require adult supervision.

The 'Be Kind, Respectful and Have Fun!' Rule

- **Kindness & Respect:** We prioritise kindness and respect to everyone, children and adults alike. We encourage looking out for others and fostering a supportive environment.
- **Fun:** Having fun is essential! When children are happy, they're more creative, adventurous, and open to new experiences.

Reminders

1. Listen to the Leader
2. No pick, no lick, be careful with that stick! (Leave flowers for others to enjoy. When carrying sticks, walk them like a dog.)
3. Walk don't run. Watch out for tree roots and other trip hazards, and point them out to others.
4. Take care around the brambles and nettles.
5. We only eat food we brought into the forest area, not what we find in the forest area unless approved by an adult.
6. Try not to put your fingers in your mouth or eyes.
7. Wash hands before eating food.
8. Do not walk in the fire circle, unless invited in by an adult. Only adults touch the fire.
9. Look after our Forest School and leave no trace. This includes not damaging plants, trees, or habitats and taking litter away.