



OUR FOREST SCHOOL SITE

Our own Forest School site is within the school grounds and safe but at the same time creates the illusion of being out in the wilds and away from civilisation. This creates the perfect environment for exploration, challenge and adventure.

In order to participate fully in the experience on any given day each pupil will need a bag with the following:

- Sun hat
- Sun screen
- Wellington boots
- Waterproof jacket and trousers

**2.45pm – 4.30pm
once a week per class**



www.nobelalgarve.com

Nobel Algarve British International School

For more information, contact - Head of Adventure - Mr M. Harris

☎ +351 282 342 547 ✉ matthew.harris@nobelalgarve.com

Barros Brancos – E.N. 125 Lagoa, 8401-901, Portugal

A World Class International Education



Nobel Algarve
BRITISH
INTERNATIONAL
SCHOOL



For students Year 2 to 6



**Nobel Algarve
Adventure Club**





WHAT IS FOREST SCHOOL?

In Forest School, children will explore,
discover and experience meaningful experiences
that encourage holistic growth.

The Forest School concept has its roots in 1950s' Denmark and in 1993 a group of educators from Bridgewater College, Somerset, England, visited Denmark to see the outdoor, forest-based pre-school system there. What followed in the subsequent years was a new education movement in the UK.

Forest Schools arrived in Wales in 2000, Scotland 2003, and Northern Ireland in 2013 – and at Nobel Algarve British

International School in 2019, extending the success of our outdoor education and Year 6+ Adventure Club to younger students.

We are delighted to be able to develop a nature-based programme under the leadership of teacher Matt Harris, a highly qualified outdoor education practitioner and an accredited Forest School trainer.



“If happiness is the goal – and it should be, then adventures should be top priority.”

Richard Branson

At the heart of our programme is wellbeing – and the social, emotional and physical needs of our primary children. Through a weekly Forest School session, we will nurture a culture based on collaboration and of embracing challenge so that we can allow, over time, for the blossoming of character, resilience and empathy, and for a greater sense of connection, with nature and for our shared future.



A TYPICAL FOREST SCHOOL SESSION

Let's meet outside the orchard, excitement is in the air.
The birds are chirping, the gentle wind touches the trees, while little
hands search for wood, puddles and rocks.

The Woodland Area has been checked and the equipment is ready to be taken with us. Gathering together, we check in on how each person is feeling and what they wish to explore during their time in nature. I introduce new ideas and invite them to engage my help when they wish to.

The space is a blank canvas, full of textures and materials to enrich the senses and stimulate the learning journeys that we will all undertake. During this time of exploration and discovery, my role as a leader is to provide the nurturing they need whilst also encouraging them to stay with the challenge and to make sense of the experiences they have.

Through review and reflection their voices are heard, and their emotions are recognised.





Our time is organic, it develops through interacting with one another, individual interests and through me introducing new ways of exploring the space and interacting with it. Through an observation and mentoring process, I am both recognising how I can nurture meaningful experiences for life long impact, as well as recognising the impact that the time is having on them. Through recognising the importance of

appropriate risk-taking, I mindfully allow learners to challenge themselves, linking these and all other experiences to an area of holistic development, be that social, physical, intellectual, communication, emotional or spiritual.

We conclude our time with review and reflection, checking in on the experiences and emotions of each person, sharing and recognising each child's insight.

Each member of our group feels valued and we recognise how we might nurture their individual character and connection with nature and their community. The activities we do will vary depending on the age of the group and the weather conditions but here are just a few of the types of learning experiences the students will take part in:

- Cooking
- Den building
- Woodworking
- Arts and crafts
- Numeracy
- Literacy (story telling)
- Ecology
- Teamwork
- Communication
- Risk assessment and taking
- Decision making

