



Forest School Rationale at Lostwithiel Primary School

Implementing Forest School at Lostwithiel Primary School will significantly benefit our pupils both academically and personally. Forest School will be integrated into our curriculum as a weekly outdoor session for each class, focusing on skills linked to our **5Ps—Participation, Perseverance, Pride, Partnership, and Passion**—with wellness at the core of its objectives.

Firstly, prioritising wellness at Lostwithiel School is essential due to the proven benefits of nature-based activities on mental and physical health. Research supports that activities like Forest School and gardening can reduce stress, improve mood, and enhance overall well-being. Green social prescribing, which encourages engagement in nature, has been linked to decreased symptoms of various conditions, and can lower hypertension. This approach aligns with our commitment to supporting the holistic development of our pupils.

Mindfulness, when practiced in natural settings during Forest School activities, can significantly aid in managing stress and promoting mental clarity among pupils. In today's fast-paced world, mindfulness has become an invaluable tool for children to cope with daily challenges and enhance their resilience.

Moreover, increased exposure to nature is associated with better cognitive function, reduced risk of diabetes, and higher levels of physical activity among children.

By integrating Forest School into our curriculum, Lostwithiel Primary School aims to foster a supportive environment where pupils not only excel academically but also thrive emotionally and physically. This initiative reflects our commitment to providing a well-rounded education that prepares pupils to navigate life's challenges while appreciating and respecting the natural world around them.

Each week, during their taught session, our pupils will have time to practice previously taught skills and develop their teamwork skills through 'Partnership Time'.

An integral component of our Forest School sessions will be the emphasis on Oracy, which will empower our pupils to communicate effectively about matters that are important to them. During these outdoor sessions, pupils will be encouraged to engage in meaningful conversations, express their thoughts, and listen actively to others. This focus on Oracy will not only enhance their communication skills but also foster a sense of community and mutual respect.

Our pupils at Lostwithiel are particularly passionate about learning about the environment. Through these discussions, we will guide them in understanding the significance of environmental stewardship and their role as caretakers of our world. By equipping them with the ability to articulate their ideas and concerns, we aim to inspire a generation of informed and proactive environmental advocates.

Additionally, it aligns seamlessly with our school's personal development curriculum, promoting holistic growth and lifelong skills in our students.