

Y7 & Y8 Ickwell Forest School Three Day Activity Course

Tuesday 16th July – Thursday 18th July 2019

Forest School originated in Scandinavia and was brought to the UK in the early 1990s. Sessions are always **child led** (to foster independence) and **outside** (to gain the many physical and emotional benefits from being in nature). The Forest School ethos aims to promote students' confidence, social skills, sense of self-worth and emotional well-being in an outdoors environment.

Students are not taught but are encouraged to find things out for themselves so they can develop their initiative and imagination (problem solving), learn resilience and resourcefulness (perseverance and determination), learn how to give and how to ask for help and support from peers (emotional intelligence and teamwork), and learn how to appropriately self-manage risk in an increasingly risky world.

As this is a holiday activity course, we want the activities to be fun and adventurous but still help and support the boys to develop the skills above. Mrs Rebecca Russell who is running the course, is a qualified Forest Leader (Level 3) and a qualified First Aider. Michael Roberts will also be assisting, he is a first aider too and both members of staff have recently attended a 3 day Bushcraft accredited course in Oxfordshire.

Date: Tuesday 16th July – Thursday 18th July 2019 – inclusive (This is not an overnight camp)

Time: 09.00 -16.30 (boys may be dropped off from 08.30)

Where: The activity course will take place at the **school's Nature Reserve at Ickwell**. Drop off and Pick up at Bedford Prep School by the dining halls. Travel to Ickwell will be by mini-bus.

Activities will include:

Shelter building

Fire lighting

Tool use

Whittling, making things – bows and arrows, tent pegs and mallets for shelter building

Playing team and group games

Cooking over an open fire

Using a Kelly Kettle

Rope and string work

Although some of the activities might appear familiar, the boys will build on their previous experiences at Ickwell to develop their skills to the next level. For example, they will make and use tools for their shelter building and learn whittling skills to make their own bows and arrows.

Cost: £99 in total for the 3 days (includes travel but boys to provide their own packed lunches – snacks and drinks will be provided)

Places are **limited to 24** so please book [here](#) as soon as possible to avoid disappointment! If you require any additional information about this course please contact rrussell@bedfordschool.org.uk

Yours sincerely

Mrs Rebecca Russell – (Forest School Leader and Course Organiser)