



# Forest School Training with Essex Wildlife Trust



**Essex**  
Wildlife Trust





## What is Forest School?

Forest School is **an internationally-recognised approach to learning outdoors**, where children explore, discover and play on their own terms. Children are supported to grow as independent and confident young people, all within a natural setting.

## Why become a Forest School Leader?

Become a Forest School Leader and **let nature inspire your teaching**. Creating relationships with learners outside in an open environment gives young minds the space to flourish, at their own pace. Use your Forest School methods wherever you teach.

## Why do your accreditation with Essex Wildlife Trust?

**We are the county's leading conservation charity**, committed to protecting wildlife and inspiring a lifelong love of nature. Our team will give you everything you need to become a confident Forest School Leader. **Join a community of like-minded learners** and share your journey with them.



Photo: Adrian Clarke

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Essex Wildlife Trust Forest School Training

# Meet the team



Photo: Tom Marshall



Karen McKay

**Education and Community Officer BSc & Forest School Trainer**

Karen has delivered outdoor learning for Essex Wildlife Trust for 26 years and qualified as a Forest School leader in 2015. Karen delivers Forest School sessions for a wide range of audiences including pre-school and primary school children, families, and INSET training for teachers.



Lucy Lofthouse

**Outdoor Learning Officer & Forest School Trainer**

Lucy started working for the Wilder Learning Team at Essex Wildlife Trust in 2015 and has been delivering Forest School since 2016 with a range of audiences in a variety of settings. She is passionate about everyone having access to nature and the outdoors and feeling comfortable in this setting.

Our trainers provide ongoing support and expertise to equip you with practical skills and a greater understanding of natural environments. In addition, Essex Wildlife Trust offers Forest School skills days to provide ongoing professional career development for trained adults.

Extra courses can be arranged to be delivered at your setting as inset days or twilight courses.

**For more information please contact forest school training team:**  
[forestschoolltraining@essexwt.org.uk](mailto:forestschoolltraining@essexwt.org.uk)

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Abbotts Hall Farm, Great Wigborough, Colchester, CO5 7RZ  
T 01621 862960 E [admin@essexwt.org.uk](mailto:admin@essexwt.org.uk) [www.essexwt.org.uk](http://www.essexwt.org.uk)

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# Level 3 Leading Forest School (RQF)

## Course description

Our Level 3 Forest School Leader training will take you step by step to deliver your own Forest School (FS) sessions in your setting.

## Course covers

- Planning and delivery of a minimum of six FS sessions
- Writing policies and procedures for the safe and effective practice of FS in your setting
- Carrying out formative and summative assessment of all sessions
- Understanding the management of the setting and issues of sustainability in the outdoor areas used for FS
- Ability to teach a range of practical tasks using a range of tools
- Understand how theories of learning, play and development apply at FS
- Understand how FS impacts on self-esteem, emotional intelligence and behaviour

## Entry Qualifications

Applicants must show evidence of any **ONE** of the following (as well as demonstrating that they have links with a client group to enable their Forest School delivery during the course.)

- An educational qualification at Level 2 or above eg. PGCE, FETC, NNEB
- A qualification at Level 2 in Forest School, Woodland/Countryside (or similar)
- Two years' experience of working with a client group
- A portfolio of evidence and references equivalent to one of the above and be willing to be interviewed by the course Tutor/ Assessor

**For more information on upcoming Forest School Training Courses please visit:**

**[www.essexwt.org.uk/what-we-do/outdoor-learning/adult-training/forest-school](http://www.essexwt.org.uk/what-we-do/outdoor-learning/adult-training/forest-school)**

## Course details

### Five units & 19 credits

1. Supporting Learning, Play and Development in the Natural Environment.
2. Deliver Forest School.
3. Observation and Evaluation of Forest School.
4. Sustainable Use and Management of Natural Resources.
5. Teach Outdoor Practical Skills.

### Length of course

- 8 days + ongoing tutorial sessions
- Planning and delivery of 6 FS sessions
- Up to 140 hours of self-directed study may be required
- 9 months complete course

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# Level 2 Assisting Forest School (RQF)

## Course description

Level 2 courses coming in 2024!

### Course covers

- Assisting with planning and delivery of a minimum of three FS sessions
- Writing risk assessments
- Basic understanding of the management in the setting and issues of sustainability in the outdoor areas used for FS
- Safely carry out a range of practical tasks using a range of tools
- Understand how theories of learning, play and development apply at FS
- Understand how FS impacts on self-esteem, emotional intelligence and behaviour

### Entry Qualifications

- 16 years and over
- Level 1 qualification or equivalent (GCSE):
- Establish link with a FS practitioner

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## Course details

### Four units & 8 credits

1. Supporting Learning, Play and Development in the Natural Environment.
2. Assist at Forest School.
3. Sustainable Use and Management of Natural Resources.
4. Outdoor Practical Skills.

### Length of course

- 4 days + ongoing tutorial sessions
- Planning and delivery of 3 FS sessions
- Up to 50 hours of self-directed study may be required
- 6 months to complete

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