



Forest School provides the opportunity for St Anthony's pupils to get outside and learn away from the classroom environment. Learners benefit from the freedom of exploring, getting regular exercise and making new friendship connections. Getting exercise in this way supports pupil wellbeing. Being outside is beneficial to boost mental health and self-esteem as pupils achieve.

- **Self-esteem:** pupils achieve tasks and projects which are self-led and pupil centered.
- **Confidence** – pupils learn to use their own initiative and work with increasing independence.
- **Emotional Intelligence** – Pupils are given the freedom to use their own imagination. They take risks and problem solve and take ownership of the site and their role within it. St Anthony's pupils take part in a process of personal growth and development and learn to think for themselves.
- **Resilience** – Pupils recognize that a project may not go to plan and learn to adapt and challenge themselves to achieve a desired outcome.
- **Spiritual Development** – Pupils learn to follow rules: Be kind to yourself; Be kind to others; Be kind to nature. Pupils learn to recognise and respect differences between each other and respect the environment they are in.

Forest schools is integral to us recognising barriers to learning and how, with a holistic approach we can overcome them. Many of our pupils struggle to achieve self-actualisation as a result of their complex home lives and learning needs. Forest school aims to work on self-esteem after we have addressed basic psychological needs. Pupils that find it difficult to sit and learn at a desk in the classroom have the opportunity to learn in a different and more relaxed environment. They have the chance to take ownership of their learning and develop as individuals.

<ul style="list-style-type: none"><li>• develop personal and social skills</li><li>• work through practical problems</li><li>• and challenges use tools to create, build or manage</li><li>• discover how they learn best</li><li>• pursue knowledge that interests them</li><li>• learn how to manage failures</li><li>• build confidence in decision making and evaluating risk</li><li>• develop practical skills</li></ul>	<ul style="list-style-type: none"><li>• understand the benefits of a balanced and healthy lifestyle</li><li>• explore connections between humans, wildlife and the earth</li><li>• regularly experience achievement and success reflect on learning and experiences<ul style="list-style-type: none"><li>• Develop their communication and language skills</li></ul></li><li>• improve physical motor skills</li><li>• become more motivated</li><li>• improve their concentration skills</li></ul>
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