



Battle Abbey School

Outdoor Learning Incorporating Forest and Beach School

Outdoor School aims to develop:

- Self awareness
- Self regulation
- Intrinsic motivation
- Empathy
- Good social communication skills
- Independence
- A positive mental attitude, self-esteem and confidence

What do we do?

Each session combines woodland or beach activities with team building games and skills. All instructions are given verbally, visually and using practical demonstration.

Activities are broken down into small achievable steps. Children discover abilities that they have never been able to demonstrate before. We do a detailed health and safety as well as risk assessment check and all members of staff are first aid trained.

We use tools such as Kelly Kettles, Flint and Stone and bow saws, according to the children's interests and maturity. Guided on a 1:1 basis we can ensure careful supervision within our safety procedures throughout sessions.



What is Forest School?

Forest School is an innovative educational approach to outdoor play and learning.

The philosophy of Forest School is to encourage and inspire children of any age through positive outdoor experiences.

By participating in engaging, motivating and achievable tasks in a woodland environment each child has an opportunity to develop new emotional and social skills.

Forest School has been proven to be beneficial to children of all ages. Children learn how to handle risks, and more importantly, to use their own initiative to solve problems and co-operate with others. They develop their self-esteem, motivation, confidence, independence and team work skills. In particular, children who visit the same woodland on a regular basis and have the opportunity to learn about the natural environment, respect it, care for it and develop a lasting love of nature.

Our Forest School runs in all weathers (except for high winds). With access to grounds at both the Prep and Senior School sites (totalling some 133 acres) no two sessions are the same.

Children use full sized tools, play, learn boundaries of behaviour and learn to listen. They also often get very messy and creative.



What is Beach School?

Parents will tell you that going to the beach prompts children to explore, create and learn and many children simply feel at home in the freedom the beach offers.

We are fortunate to have a beach within walking distance from our Prep and Nursery Schools in Bexhill and make use of it regularly as a natural learning resource for our pupils (whatever the weather!).

Through Beach School children become aware of the coastal environment and develop a greater awareness of marine life and plants, along with a better understanding of beach safety.

All Prep School year groups have the opportunity to attend Beach School. They take part in many different activities: play games, create sculptures and pictures, and discover nautical flora and fauna. The outdoor environment stimulates their physical health and emotional and spiritual well-being.

At Battle Abbey Prep School we encourage the children to look after the oceans and to be responsible for taking their own rubbish home.

Beach School offers the children amazing opportunities to connect with nature; rock pool dipping and discovery, pebbles, sand and water, oozing mud plus a varied selection of habitats for wild animals.



The Abbey Grounds

The Prep School takes full advantage of its access to the Abbey estates and grounds, and visit all year round to observe the seasons, take part in

activities and enjoy the wealth of different locations on offer. No two sessions are the same!

In addition to the magnificent 11th century ruins there are more modern buildings to explore, as well as a lake, open fields, woods and hedgerows. With the Abbey site backing directly on to Powdermill Wood the pupils are spoilt for choice.

The opportunity to reflect in ancient ruins cannot be underestimated and its amazing to see the effect the ruins have on even the youngest and most excitable children. They quickly learn to respect the history of the site as well as see it as a fantastic place for creative play.



Risk

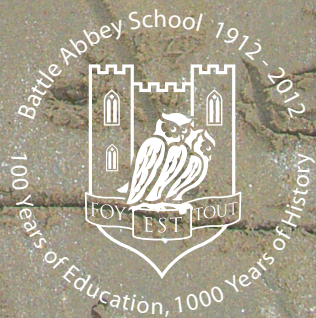
"All real children's play involves an element of risk, and the more real play children are allowed the better they become at analysing and managing those risks. If, on the other hand, adults try to eliminate risk from their lives they're likely to grow up either unduly reckless or hopelessly timid."

Sue Palmer (Toxic Childhood 2007)





'We believe that young people develop most when they are **'learning by doing'**, when they are given **responsibility**, work in teams, take **acceptable risks** and think for themselves.'



Battle Abbey School
www.battleabbeyschool.com