

# FOREST COLLEGE

## *Key Stage 4 Programme*

**The Key Stage 4 Forest College is a 30 week that programme runs for one day per week within the college academic year.**

The KS4 Forest College programme is designed to help young people feel good about themselves and their abilities, and to encourage relaxation, lower anxiety and build resilience. Time spent outdoors lowers cortisol levels, lowers blood pressure and stimulates the immune system. Our courses are personalised for individuals to develop confidence, independence and employability skills. This is done through a range of bushcraft and creative crafts activities both individually and as part of a team. Our students work in small groups of 8-10. There are no formal qualifications in the programme, and very little time will be spent on paperwork or traditional learning.

### **Outcomes for Pupils:**

All outcomes are based on “Compassionate Classroom” principles. This means we work with our young people to achieve the following:



Create a physical and emotional safe space



Establish predictability in terms of routine and behaviour expectations



Build a sense of trust



Offer choices and empowerment



Stay regulated – Help young people to be able to learn and to be the best that they can

We aim where possible and appropriate to build a successful transition into mainstream college the following year for many Forest College KS4 graduates and where possible we will support our students to achieve outcomes on their Education, Health and Care Plan.

## Funding

Forest College is a full cost programme, this means that all places must be funded. Our fees for 2019-20 are £1,600 for the year. Students must also come equipped with Personal Protective Clothing

## Activities will include

**Tarpology** – Experimenting with various techniques and layouts to put up a shelter

**Natural shelter making** – Make a shelter out of the materials nature provides to create a weatherproof dwelling

**Foraging** – discover nature's larder to make teas and basic salads

**Cordage making** – Use various fibres to create string and cords

**Camouflage and concealment** – Use natural and non natural methods to camouflage

**Wilderness 1st aid** – Learn basic 1st aid for the wilderness

**Tracking** – Follow, track and begin to understand the movements of the animals in the woods

**Water collection and purification** – Collect water, understand the importance of water within the body, the dangers and methods of purifying

**Pot hanger making** – Using simple cutting techniques to harvest wood to create pot hangers for hanging billy cans

**Natural navigation** – Understanding simple natural navigation techniques, make a tree into a compass

**Wilderness walk** – Explore the woods learning how to recognise various plants and trees and their uses

**Arts and Crafts**- We offer a whole range of Art and Craft activities

## Why Arts and Crafts?

Arts and creative crafts are known to have a calming and therapeutic effect. Students don't need to have done these activities before, or have any particular skills or knowledge. All activities aim to achieve the following

- Create a safe time and place that is non-judgemental
- Help students to make sense of the world and understand themselves better
- Help to resolve complicated feelings, or find ways to live with them
- Help students to communicate and express themselves

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