



Information regarding Stay And Play at Woodland Nurture

Don't hesitate to get in touch for any further information
and a tour of our wonderful setting.

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**Claire Hughes
Founder**



I founded Woodland Nurture in September 2019 after over 20 years in the Primary education sector, with a vision to create an inclusive space where children can be themselves and learn at their own pace by following their own interests. A place where deep connections can be made leading to a sense of belonging.

In September 2023 we became approved providers of Alternative Provision for Notts County Council. This is an exciting step as we can reach more children whilst keeping the integrity of our unique setting.

Woodland Nurture is located in beautiful private woodland on my family farm. It is a permanent site giving us a privileged opportunity to create a fantastic space that can develop alongside the children.

We have a composting toilet; canopies for shelter, a shed and a shipping container crammed with resources to inspire the children. There are zip wires, assault courses, swings and hammocks to be found amongst the trees. We even have a river with an island. Most importantly, we have an abundance of wildlife for the children to connect with and learn from.

At Woodland Nurture we embrace the outdoors, whatever the weather.

We value the importance of an inclusive, holistic approach to education, enabling learners to initiate their own learning in a natural setting.

In our beautiful woodland setting, we invite learners to:

- 🌳 Enhance their social skills and make new friends
- 🌳 Work through practical problems and challenges
- 🌳 Understand the benefits of a balanced, healthy lifestyle
- 🌳 Learn about the flora and fauna in the local ecology
- 🌳 Explore connections between humans and wildlife
- 🌳 Increase their confidence and self-esteem
- 🌳 Learn how to use tools to build and create
- 🌳 Pursue knowledge that interests them
- 🌳 Build resilience and manage risks
- 🌳 Develop their physical agility
- 🌳 Have lots of fun!



"Forest School is an inspirational process, that offers the children and young people opportunities to achieve, develop confidence and self esteem, through hands on learning experiences in a local woodland environment." (Institute of Outdoor Learning)



Our code – Care for Yourself, Care for others, Care for the Environment.

We stay true to the six core Forest School principles: It is a *long term process* in a *wooded area* led by *Forest School trained* professionals providing opportunities for *holistic development* and *supported risks* through *learner-centred processes*.

Children are designed by nature to learn through self-directed play and exploration

(Peter O. Gray, Free to Learn)

Play is the work of children.

Dr. Maria Montessori

"Working this way with learners, we can meet them where they are, and help them to develop at their own pace. Sometimes it is surprising how quick the transformation can be – from fearful, physically introverted behaviour to smiling, open instigators of play, creativity, and teamwork. Other times, learners seem to take small steps but are making crucial developmental leaps by simply swinging or balancing to develop their vestibular system to support posture, attention, or spatial awareness." Kate Storey, Forest School Leader.

We support our holistic approach by making observations about the children's needs and progress through SPICES – Social, Physical, Intellectual, Creative, Emotional, Spiritual Development.



SOCIAL - communication and language; receptive and expressive development; interaction and relationships with peers and adults.



PHYSICAL - movement and senses; gross motor skills development for large muscle movements such as climbing, walking, running, jumping; fine motor skill development for pincer movements; drawing; writing; tying knots etc. Sensory development includes sight, hearing; smell, taste; proprioception (the sense of awareness of body parts) vestibular (balance and movement)

touch;
and



what is

INTELLECTUAL – cognitive development (recognising, understanding and reasoning); perceptive development (making sense of seen, touch, heard etc)



CREATIVE - developing creative abilities through exploration, decision making and expression.



EMOTIONAL - How they feel about themselves and others; a growing understanding of why they feel a certain way and how to interact usefully with others; emotional intelligence and self-regulation

SPIRITUAL - understanding values and ethics such as honesty; integrity and fair play. A growing understanding of responsibility and empathy. Allowing true authentic self to flourish



and connect with the awe and wonder of the world around us.

By investing in the whole child, we know that we can help them reach their full potential. We value each person as an individual and understand that children have all come to our setting for differing reasons which means their needs are broad and varied.

We take our time to build relationships and trust with the children, giving them the time that they need to grow and develop.

If you feel safe and loved, your brain becomes specialised in exploration, play and cooperation; if you are frightened and unwanted, it specialises in managing feelings of fear and abandonment.

Bessel van der Kolk, MD

Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.
Albert Einstein.

The principle goal of education ... should be creating men and women who are capable of doing new things, not simply repeating what other generations have done; men and women who are creative, inventive and discoverers, who can be critical and verify, and not accept, everything they are offered.

Jean Piaget.

Stay and Play:

Our fun and friendly Stay and Play sessions on a Thursday morning (10.10am-12.10pm) are a fabulous way for parents/carers/childminders to engage in nature alongside their little ones.

Designed with crawlers, toddlers and early years children in mind, these sessions are free flowing, allowing each child to experience and learn at their own pace.



Each session is based around a theme which may be inspired by nature, by a book or by cultural occasions linked to the time of year.

Alongside our continuous provision of a mud kitchen,



hammocks, swings, digging areas and book nooks, we provide engaging craft activities to build fine and gross motor skills and satisfy curiosity.

We usually cook something on the fire and have hot and cold drinks for adults as well as the children.

