

Year 7 Forest School Intervention



Aspire

Is your Year 7 student finding the transition to secondary school challenging?

Introducing **Forest School** – A **supportive, nature-based** programme designed to help Year 7 students build **confidence, resilience** and a strong **sense of belonging** through meaningful **outdoor learning**.

What is Forest School?

Forest School is **child-centred, outdoor learning approach** that promotes **personal growth, emotional well-being**, and **social development** through **hands-on experiences in a natural environment**.

What is included in the Intervention?

- **Weekly sessions** (*1 day per week*) led by **qualified Forest School practitioners**
- **Activities** such as **shelter building, fire lighting, tool use, and nature exploration**
- Opportunities for **reflection** and **positive reinforcement**
- Focus on **resilience, independence, and emotional regulation**

What is the impact for Students?

- **Increased confidence** and a **stronger sense of identity**
- **Improved peer relationships** and **social skills**
- Greater engagement in the classroom and a **more positive school experience**



[Click here](#)
to complete a
referral for Forest
School

Places available for
Year 7 at our
Forest School
from **January 2026**



Shortenills Chalfont St Giles, Nightingales Lane, Bucks HP8 4SG