



Forest School Awards - The outreach programme for Learning Without Walls

# Holy Rosary Nursery School

Our forest school  
diary  
3<sup>rd</sup> April 2023





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# Safety first!



We made sure the site was safe and listened carefully to what we had to do!





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# Boundary flags

We put out the boundary flags so we know the area we have to stay inside

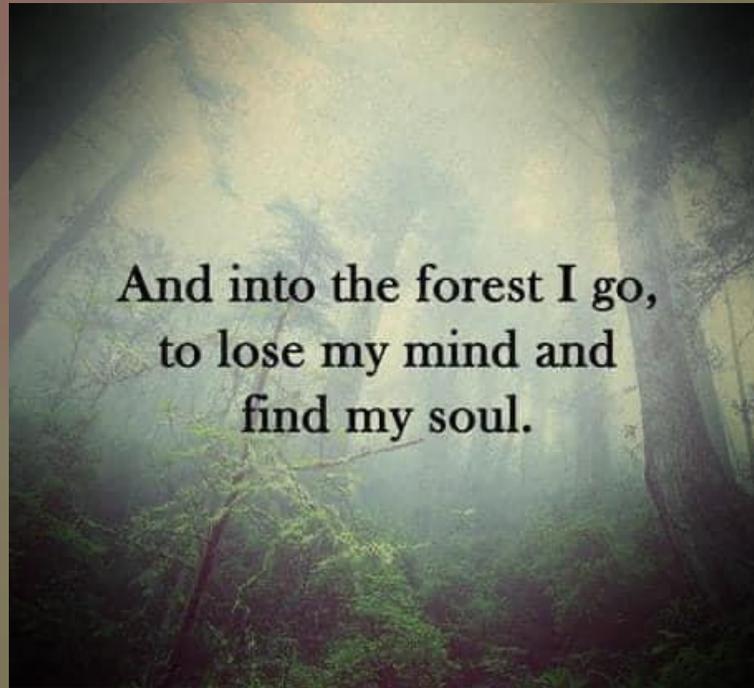




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# Rules



We go through the rules - 1 whistle means stop, 2 whistles mean come back to base and the 3<sup>rd</sup> rule is to have fun & learn!



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# Exploring the forest!



Our first activity was to simply explore our forest area and see what we could find!





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# Cherry blossoms

We examined the cherry blossoms which were falling off the tree and used them to make nature eggs.





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# Cherry blossoms

Some of us tried to make our own cherry blossom!





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# Play time!



We finished our session with some play time!

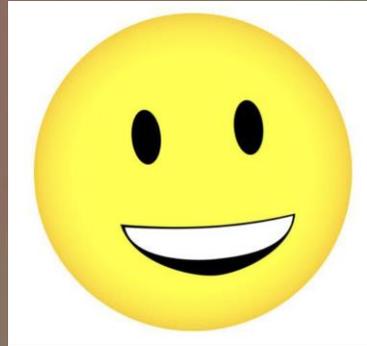




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# Evaluation



or



???

Everyone chose a happy face to evaluate our session today!





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# Leave no trace

Everyone helped to tidy up our site and leave no trace, in keeping with Forest School philosophy.



## THE LEAVE NO TRACE SEVEN PRINCIPLES



### 1 PLAN AHEAD AND PREPARE

Know the regulations and special concerns for the area you'll visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use. Visit in small groups when possible. Consider splitting larger groups into smaller groups. Repackage food to minimize waste. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

### 2 TRAVEL AND CAMP ON DURABLE SURFACES

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. Protect riparian areas by camping at least 200 feet from lakes and streams. Good campsites are found, not made. Altering a site is not necessary. In popular areas, concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas, disperse use to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.



### 3 DISPOSE OF WASTE PROPERLY

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter. Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

### 4 LEAVE WHAT YOU FIND

Preserve the past: examine, but do not touch cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.



### 5 MINIMIZE CAMPFIRE IMPACTS

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Only use sticks from the ground that can be broken by hand. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

### 6 RESPECT WILDLIFE

Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.



### 7 BE CONSIDERATE OF OTHER VISITORS

Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock. Take breaks and camp away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.

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