



# PROGRAMMES

## All year round

### Squirrel Scamper trail (Key Stage 1 & 2) 1 hour

This introductory orienteering course aims to introduce the basic skills of following a map and finding markers. At each post, children will record grid references and take rubbings, finishing with a scavenger hunt. Packs include a user-friendly map, worksheets, a crayon and a sticker in a sealed waterproof bag.

### Orienteering (Key Stage 3+) 2 - 3 hours

The large permanent orienteering course has routes to suit a range of ages and abilities. A compass can be used but is not essential for the course. This will test students mapping skills as well as allowing exploration of the wider forest environment.

## May to December

These programmes are self guided and come complete with teacher guidance booklet, activity specific risk assessments and all equipment needed for a safe and enjoyable day. A pre-site visit with the Education Ranger is recommended and included in the package. All programmes last approximately 2 hours, except for foundation stage programmes which last 1 hour.

### Forest Experience (Foundation stage or Key stage 1 & 2)

This programme offers a series of entertaining and stimulating sensory activities aimed to increase knowledge of the forest environment. Activities explore the topics of trees, animals and people including their relationship to the forest. Sensory exploration will encourage discovery of the natural surroundings to raise children's awareness, understanding and appreciation of the forest environment.

## Other learning opportunities

### INSET days for teachers and school support staff

Available April - December only  
Half or Full day

Discover outdoor learning to gain & increase your confidence in delivering outdoor activities. This session provides the chance to share and gather great ideas that can be implemented within your school grounds or other outdoor environments. Learn about the importance of outdoor learning and have a go at activities such as minibeast hunting, sensory activities & shelter building. There will also be the chance to look at risk assessments, ask questions and seek advice.

We have facilities available to hold your own training day and/or provide refreshments.

### Forest Footsteps (Key Stage 2 & 3 - age 7-12) 2 hours

Learn about the range of wildlife and habitats within the forest environment. Following a walk, students will gain knowledge to complete their work booklet. The accompanying teacher pack will enable expansion on topics and includes interactive activities to retain enthusiasm and support further learning.

### Minibeasts (Key stage 1 & 2)

Children will become nature detectives discovering where and how minibeasts live, as well as their place in the forest ecosystem. Children will learn how to identify minibeasts through use of keys, compare findings and devise food chains. This will prompt discussion both outside and inside the classroom with suggested follow up activities.

### Team & Shelter building (key stage 2+)

This programme combines a variety of team building activities with an allocated area for shelter building, using natural resources. This interactive session incorporates physical and problem solving challenges encouraging creativity, increasing knowledge and building on communication skills. This programme also aims to increase appreciation of the forest environment.

### Forest School (Key stages 1-4)

**Sessions Led by our Forest School Leader Available Summer and Autumn terms only**  
A six week programme consisting of one 2 hour session each week.

Forest School is an inspirational process that offers children, young people and adults regular opportunities to achieve, and develop confidence and self esteem through hands on learning experiences, in a local woodland environment. These sessions are run by our Forest School Leader who holds the Level 3 OCN Forest School Practitioner qualification. Activities such as shelter building, helping with the campfire, working with tools and minibeast hunting all offer the opportunity to take risks, make choices and initiate individual learning.

**Sessions Led by your own Forest School Leader**  
Qualified Forest School leaders wishing to run their own sessions must apply for permission through the Education Ranger. An area will be allocated for use.

## HEALTH & SAFETY

The safety of groups is paramount and we are very happy to discuss any concerns you may have before your visit.

### Suitable clothing

High Lodge is an outdoor environment and your students should come dressed appropriately for the weather and season. Shorts and sandals should be avoided due to brambles, ticks and adders in the forest.

### Staying safe on the day

It is the responsibility of the group leader to manage the behaviour of students and enforce the guidelines provided. All accompanying adults are expected to understand their responsibilities and take an active part in the day.

### Risk assessment

It is the group leader's responsibility to complete a risk assessment for their school's visit. A generic site risk assessment will be sent to you on booking. Risk assessments are also provided for all Forestry Commission education programmes. Remember the forest is a working forest and certain areas may be restricted at times. Please follow all signs. If you have not visited High Lodge recently, we recommend you arrange a preliminary visit to discuss your programme and familiarise yourself with the site.

### Emergency contacts

Mobile telephones have poor reception at High Lodge. Should you need to contact anyone during your visit please go to the shop.

### First aid

Primary responsibility for administering first aid rests with your designated school first aider(s) and it is your responsibility to ensure that at least one accompanying adult per class has first aid training and is carrying a first aid kit. Should you need further assistance please go to the shop, where staff can alert a first aider.

### Supervision ratios

It is your responsibility to ensure adequate supervision ratios according to ratios laid out by your school or Local Education Authority.

### Special needs

All special requirements should be stated on the booking form. Should any of your group require a wheelchair or mobility scooter these can be booked from the Forest Centre shop (01842 819082).

### Insurance

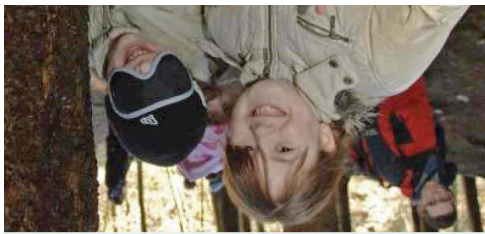
Your school, through the LEA if appropriate, will indemnify the Forestry Commission against all claims arising from any loss or damage, or injury or death to participants and any third parties arising from the negligence of its members or agents. During the period of your visit, your school must maintain an insurance policy with a reputable insurance company for an amount of not less than £5 million in respect of any one claim. The amount of such insurance shall not limit the liability of the school/LEA to the Forestry Commission. This clause does not reduce the liability of the Forestry Commission for its own actions or negligence.

Private schools should send a copy of their public liability insurance with the booking form.

The Forestry Commission reserves the right to amend or cancel visits if these guidelines are not adhered to.



Specific requirements can be discussed with the Education Ranger.



[www.forestry.gov.uk/highlodge](http://www.forestry.gov.uk/highlodge)

Current charges can be found on our booking form and website.  
 Look out for special offers on education programmes.  
 May-December programmes cater for 30 students. For larger groups, an extra programme must be booked.  
 All year round programmes should be pre-booked to avoid disappointment.

If your school/group visits High Lodge regularly, why not apply for an Exceptional Site Entry Permit? See website for details.  
 All schools/groups will be required to pay the Site Entry Fee on the day. Cash, card or cheques (made payable to the Forestry Commission) are accepted.

#### Numbers, costs and payment

Booking is essential for all visits to High Lodge.  
 Contact the bookings office on 01842 816000 to check availability and to discuss your requirements.  
 An education pack will be sent to you including a booking form and a generic site risk assessment.  
 To confirm your booking, you must complete and return the booking form.  
 For Forest School sessions or INSET day bookings, please call the Education Ranger on 01842 816016.

#### Booking your visit



## Why Choose High Lodge?

- ☞ Excellent **year round facilities** including toilets, café and Forest Centre shop.
- ☞ **Goody bags and packed lunches** are available for purchase. These need to be booked in advance.
- ☞ **Oak Lodge** is available to hire. This must be booked in advance.
- ☞ Inspiring, quality **education programmes** suitable for foundation stage through to Key Stage 4.
- ☞ Each programme is supported by a **pre-site visit** with the Education Ranger. This will need to be pre-booked.
- ☞ **A variety of trails** including cycling, walking and orienteering of varying distances. Cycle hire available from Bike Art. Tel: 01842 810090.
- ☞ **A large play area** including an adventure playground, giant sculpture trail and natural play area.
- ☞ Site and programme specific **risk assessments provided**.

**New** Shelter that can be used as an outdoor classroom or an undercover eating space.

[www.forestry.gov.uk/highlodge](http://www.forestry.gov.uk/highlodge)  
 For more details on the above programmes please see inside leaflet or visit our website.  
 must be applied for.  
 School sessions at High Lodge, a specialist permission  
 If your school/group would prefer to run their own Forest  
 please contact the Education Ranger.  
 For more information or to discuss specific requirements,  
 each week. Available Summer & Autumn term only.  
**Forest School**  
 A six week programme consisting of one 2 hour session  
 Available April - December only.  
**INSET days for teachers and school support staff**  
 We offer full day (4 hour) or half day (2 hour) programmes.  
 We offer the following led programmes

**Other learning opportunities**

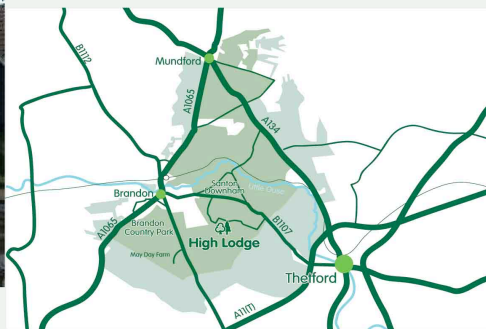
**All year round**  
 Squirrel Scamper trail  
 Orienteering  
 Forest Footsteps

**May - December**  
 Forest Experience  
 Minibegs  
 Team & Shelter building

We welcome bookings from groups that wish to carry out their own activities and are happy to provide advice about High Lodge. In addition there are a range of self-guided programmes for groups. These include:



## Location & information



### Location

High Lodge Forest Centre can be found off the B1107 Brandon to Theford road.

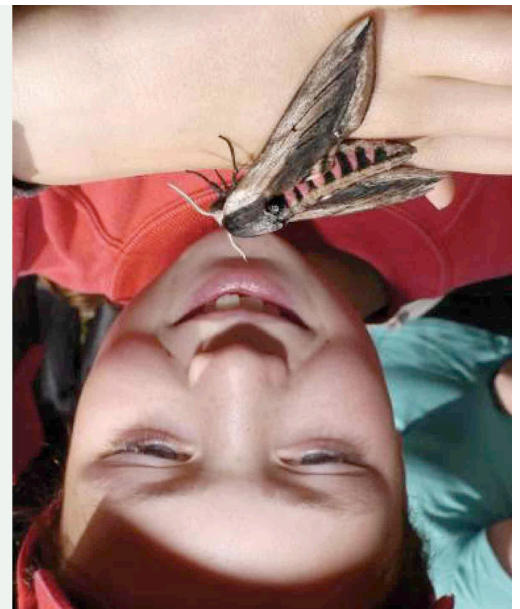
### Contact

**Information and bookings**  
 Forestry Commission  
 East of England  
 Santon Downham  
 Brandon, Suffolk IP27 0TJ  
 Tel: 01842 816000  
 Fax: 01842 811309  
 email: [enquiries.eanglia@forestry.gsi.gov.uk](mailto:enquiries.eanglia@forestry.gsi.gov.uk)

### High Lodge Forest Centre

Grid ref: TL813852  
 GPS: IP27 0AF  
 Tel: 01842 815434

Opening hours can be found on our website:  
[www.forestry.gov.uk/highlodge](http://www.forestry.gov.uk/highlodge)



High Lodge's working landscape and seasonal rhythms provide a unique opportunity for children to learn about forests, the wider environment and themselves.

# Bring Learning to life.....



Forestry Commission  
 England

East of England

# Education

Lodge High  
 Forest Centre

[www.forestry.gov.uk/highlodge](http://www.forestry.gov.uk/highlodge)