FOREST LONDON

SENIOR PROSPECTUS



Welcome to
Forest London

Forest is an extraordinary school. Building on our long heritage, we are proudly ambitious, agile to change, and sufficiently forward thinking to enable us to be at the forefront of all that we do and offer.

With a strong community spirit and emphasis on service, joining Forest means becoming part of an inclusive, supportive and caring School. We want everyone to flourish, fulfil their potential, feel valued and have a sense of belonging. Happiness is positively correlated with motivation and achievement. The strength of the social connections which our pupils develop with their teachers and peers is a testament to this.

We believe that it is important to find the right level of challenge for each pupil so that they are engaged but not overwhelmed. Our focus on the holistic development of the individual ensures they recognise the importance of working hard, being part of a team, and being aspirational for themselves. Through our co-curricular and wellbeing programmes we place great emphasis on the development of soft skills such as problem-solving, resilience, flexibility and self-reflection.

Our academic ethos is simple – we want pupils to master their subjects, be intellectually curious, to think creatively and understand how they learn and subsequently grow into great life-long learners.

We aim to ensure that when our pupils leave Forest to step into a world that is constantly changing, they are confident individuals who are willing to take responsibility and have the right mindset and skills to equip them for success at each stage of their lives.

I very much look forward to welcoming you to the School so that you can experience the warmth and vibrancy of our community for yourself.

Claire Tao
Warden



> **"Down to earth, friendly, diverse. Children are at the centre of all the school does."**
>
> The Good Schools Guide

A Welcome
From The Head

Forest is a vibrant, dynamic community full of sparky, curious pupils who are packed with academic ambition and a desire to grow and be better each day. At Forest, we foster a culture of intellectual curiosity and creative endeavour, where pupils are taken out of their comfort zone and discover the joy of learning for its own sake.

For nearly two centuries, Forest has placed the individual child at the centre. From the first 22 pupils on our opening in 1834, the welcoming girls in the 1970s, to today's thriving Senior School of over 1,100 pupils – our mission remains the same: to equip every pupil with the tools they need to develop into curious, creative, kind and happy people. We tailor our provision through the curriculum and co-curriculum and empower our pupils to make their own decisions that help them realise their aspirations.

Forest pupils benefit from world class teaching that ensures they truly master their subjects and become life-long learners, ready to meet any challenge. Opportunities abound to stretch beyond the curriculum, from our super-curriculum, the Higher and Extended Project Qualifications and our outstanding Forest Personal Development curriculum.

Our pupils strive for excellence not only academically and personally, but also understand the importance of leading happy, healthy lives. Our section teams, tutors and houses form a strong support network: one of the first things Old Foresters will tell you is the house they belonged to!

I warmly invite you to visit Forest. There is no better way to get a feel for Forest than to see it, and to experience our cosmopolitan, city-come-forest community.

Drew Thomson-Jones
Head of Forest Senior School





Why Forest?

There is no one type of pupil at Forest and we don't want there to be, so our question is always: what will a Forest education add to each pupil to ensure they make the best possible academic progress they are capable of and have the opportunity to develop into the best possible version of themselves?

A good school prepares its pupils for life after school and Forest's reputation for building the sort of skills and character that will ensure pupils lead useful and fulfilling adult lives is well known.

How does this happen? Forest School's mission is to provide an absolutely outstanding, distinct all-round education for all pupils which consists of excellent academic teaching and learning, superb pastoral care and extensive opportunities outside the classroom for pupils to learn and develop in individual ways.

Large numbers of families choose Forest because they believe it to be a school that genuinely balances real academic success with exceptional personal development in a way that is evident in the young people walking out of the White Gates at the front of the School aged 18.



Forest London | Senior Prospectus

"An education that's so genuinely rounded you could make hoops from it."

The Good Schools Guide

> **Flourishing, successful and well-led school in a glorious, green setting.**
>
> The Good Schools Guide



Senior School

Forest pupils spend their first two years in the Lower School (Year 7 and 8), transition to the Middle School (Year 9, 10 and 11) in preparation for their GCSEs, and finish in our Sixth Form (Year 12 and 13) readying themselves for a purposeful life beyond the White Gates.

Science tells us that the teenage brain is primed for learning, being then at its most flexible and adaptable. At Forest, we see these as formative years of immense possibility, made up of positive risk taking, emotional regulation and establishing a stronger sense of self. Forest provides a safe, structured and challenging environment for this personal and academic exploration.

As a School, we educate young people to be well-informed and knowledgeable, as well as to develop emotional intelligence. Beyond our robust academic curriculum, we have a timetabled personal development curriculum that is values-led and allows pupils to develop key skills such as emotional literacy, critical dialogue skills and engagement with the wider world, through an eclectic array of assemblies, bespoke tutor times, Chapel and RSHE, all of which promote issues from wellbeing and current affairs to Futures and EDI education.

As a proudly academic school, we want pupils to be intellectually curious, and to harness their love of learning and dive deep into their own pursuits and passions. At a school like ours, it is more than just getting high grades; it's about mastering the knowledge and skills of any given subject and seeing this as the real outcome of academic education. We want our pupils to leave Forest with both excellent results and the mindset that we learn for the intrinsic value of self-betterment. When focusing on mastering specific subjects it is easy to forget the idea of mastering the process of learning itself. This too is crucial for us. We want our pupils to know how to learn per se, how our memories work, the most effective forms of study and feedback and how we move through the stages of knowledge from surface content to deep conceptual understanding.

Forest London | Senior Prospectus

Pupils of all ages become eloquent, confident and communicate clearly.

ISI Report 2024

Knowing The Individual

Forest teachers take great care to identify and address the individual needs of each learner, building learning characteristics and encouraging best learning behaviour. Each pupil is known, liked and valued as a learner.

We firmly believe that as boys and girls approach and then start their teenage years they need to understand how they learn and develop a healthy liking for work that challenges and develops them.

For example, we know that many girls tend to take a more step-by-step approach to learning. Forest teachers understand this and encourage girls to take more calculated risks in their work.

This is particularly important at A-level, where pupils need more than just a methodological approach and 'bite size' revision to achieve the very best grades. It is no surprise to us that our girls opt for traditionally male-dominated subjects such as Physics and Three-Dimensional Design.

Equally, many boys will temper their competitive instincts and become more collaborative in a comfortable learning environment, finding it easier to do all the things we want them to do as learners without self-consciousness.

In English, for example, boys will willingly explore their emotional life through writing poetry, and will share creative ideas or readily seek support from the teacher in a supportive, open environment.

Co-educational teaching at Forest therefore enables the School to encourage wider definitions of masculinity and femininity. Through challenging gender stereotypes in the classroom and by encouraging boys and girls to step out of their comfort zones, Forest pupils acquire skills that they will take into all areas of their future lives.



Forest London | Senior Prospectus

"Academic attainment is high overall, with GCSE and A-level results **well above the national average.** Pupils, including those who have special educational needs make very good progress from their starting points."

ISI Report 2024

Forest London | Senior Prospectus

The Academic Experience

Academic enrichment, learning and personal development are the natural outcomes of a holistic approach to education, which enables our pupils to grow in a diverse and progressive community before they move on to the university or other course of their choice.

A rich core academic curriculum in the first years of the pupils' time at Forest is progressively augmented by opportunities to make personal choices and form a more individualised academic curriculum as they progress and grow.

Alongside this, pupils undertake stimulating programmes of study in digital skills, information literacy, oracy and communication, critical thinking, relationship, and health education whilst also developing sophisticated research skills and problem solving. Our advanced and holistic wider curriculum, which encapsulates the Co-Curriculum, also places emphasis on the transferable skills derived from engagement in clubs and societies, co-curricular music, lectures, and games.

This helps pupils become well-rounded individuals, ready to thrive in the 21st-century world.

Forest pupils' ability to learn with independence is exercised through their constant engagement with the Forest Learner framework and particularly through Project qualifications which we offer at GCSE and A Level.

The consequence of all of this is outstanding public examination results from pupils who are academically motivated and who have learned how best to learn.

32% of grades were 9

78% of grades were 9/8

78% of grades were 9/8/7

2025 Forest London GCSE exam results.





Personal Development

We believe that for the learning process to be most fruitful, individualised support is key. At Forest we recognise that there are different paths to success, and indeed that the definition of success varies with each pupil.

Forest nurtures all pupils to be academically aspirational and provides the support for each pupil to be the best learner they can be. Each pupil has their own support team which includes their Tutor, Head of House, Head of Section and subject teachers who are all on hand to provide direction towards achieving their potential.

Of course, it is not just about what we at Forest can do for our pupils, but what they will be able to do for themselves in the future. They will need a 21st century skill set, incorporating complex problem solving, critical thinking, collaboration and flexibility.

As a School, we are educating young people to be well-informed and knowledgeable, as well as to develop emotional intelligence.

Our personal development curriculum in the Lower School and Middle School is a values-led curriculum that allows pupils to develop key skills such as emotional literacy, critical dialogue skills and engagement with the wider world, through an eclectic array of assemblies, bespoke tutor times, Chapel and RSHE, all of which promote issues from wellbeing and current affairs to Futures and EDI education.



Pastoral Care

Pastoral at Forest is underpinned by our five Pastoral Foundations. The foundations are built upon a holistic education and are driven through the very best of Attachment Awareness and Trauma Practice.

Relational practice focuses on relationships being one of the most important parts of a Forest education. Pastoral care at Forest is everyone's responsibility. The growth and development of our pupils is one of the most important things we do as teachers. Pupils at Forest have the opportunity to develop their sense of self, understanding of others and the wider world to ensure a well-rounded educational provision. Respect for self, others and the community are woven into every micro-connection and learning opportunity at Forest. Success at Forest is measured in a variety of ways and looks different for everyone.

> **A strong safeguarding culture which promotes the welfare of pupils.**
>
> ISI Report 2024

14
Houses

358
Members of Staff

90+
Clubs and Societies

No pupil is the same at Forest and we wouldn't want it to be any different. Personal development at Forest is purposeful and meaningful; it sits at the heart of all learning opportunities, every day and in every moment. Personal Development is diverse, offering breadth and depth from discussing healthy relationships, to futures, sustainability, equality and diversity; ensuring Forest pupils are prepared for life beyond the White Gates.

Pupils are placed into one of the 14 Houses made up of 7 boys' and 7 girls' Houses. The Heads of House are instrumental in the pastoral support network having oversight for the "whole child". Pupils at Forest have a vast support network including a core team of their Tutor, Head of House and Head of Section. We pride ourselves on our vast support offerings available to pupils at Forest including our on-site counselling service Place2Be or Place2Talk, our Digital Partners and our online reporting form. The Houses at Forest are a second family and provide opportunities to collaborate with other members of the community from all year groups. Competition and leadership are two of the many skills embodied in the Houses.

Open dialogue is key when working with our parents/carers. We foster transparent, trusting and positive relationships ensuring communication is triangular in nature involving School, parents/carers and the pupil. Forest is extremely proud of its excellent pastoral care, but it does not sit on its laurels. We are acutely aware of the ever-evolving world beyond the White Gates and need to constantly review what we do, how we do it and why we do it to ultimately support the pupils in our care. Our pastoral journey at Forest is one that does not stand still but one that will always have the pupils at the centre of its decision making.

The Forest Co-Curriculum

The Co-Curriculum is a crucial part of the life and learning at Forest. While expecting our pupils to demonstrate a strong work ethic in their timetabled lessons, we also recognise how important it is for both practitioners and pupils to develop learning outside of the classroom.

We ask our pupils to try new things, explore new places, learn new skills and experience a real challenge. Visiting a new country, joining a new club or team, or being part of an ensemble or society is a great way to get the most out of life at Forest. The Co-Curriculum is there to support every pupil, Year 7 to Year 13, providing them a springboard to discover new skills and develop existing ones.

Clubs and Societies run regularly before school, at lunchtime, and afterschool, and cover a wide range of interests, from sport, to music, to drama. The consistent distinction of our longer-running clubs encourages these newer clubs to succeed, with our CCF celebrating its hundred and fortieth birthday this year.

Forest continues its history of inspiring excellence within and beyond the curriculum with its work with subject experts and external partners: including elite sports coaches, music concerts performed at sold out venues, and regular talks given by experts in their fields.

As part of our broad curriculum, we believe that the opportunity to learn and develop beyond our school gates is crucial to our pupils' academic and personal progress. We have a vast programme of educational visits that take pupils from the classroom to destinations both domestic and abroad, working in partnership with the Co-Curricular programme and subject curriculums.





Music at Forest

The Music Department at Forest is here to help pupils have fun as they learn and achieve their musical ambitions, whatever form of music they are passionate about. We are very proud of what our pupils achieve and foster serious academic study, as well as excellence in all aspects of performed music.

Our aim is to ensure that young people have the chance to discover their talent and make the most of all their musical opportunities. Pupils have the chance to join one of the School's many ensembles or choirs, which include the Big Band, Soul Band and Chapel Choir.

Drama at Forest

Drama is a central element of the Co-Curricular Programme. Each year there are two major drama productions. Recent shows include the groundbreaking musical "Les Misérables" and the heartwarming "A Christmas Carol". Our innovative and supportive Drama Department provide our pupils with endless opportunities to take ownership for their own creativity, encouraging pupils to put on their own plays and theatrical evenings. Pupils are also given the opportunity to participate in a variety of other dramatic performances for both the stage and screen. Most recent examples include our short monologue film 'The Party' and the annual Forest Scholars play, directed by our very talented 16+ scholars. Our pupils benefit from an excellent range of high-quality, purpose-built facilities, including the 350-seat Deaton Theatre with its state-of-the-art lighting, sound equipment, and Theatre Manager. There is always exciting work taking place in the Drama Department which allow pupils to develop their talents, whether it be in acting, writing, directing or technical theatre.



Sport at Forest

Sporting excellence is part of our heritage and Forest is well known for the quality of its sport. As well as fielding strong teams, our pupils are regularly selected at district, county and national level. What we value most, however, is that everyone, whatever their level, is encouraged to join in and to enjoy sport.

The sports we offer include the mainstream – football, hockey, netball, cricket, basketball, athletics, gymnastics, tennis and swimming – as well as others such as climbing, table tennis, and fencing.

154
Sports Teams





Art at Forest

At Forest we encourage everyone to enjoy exploring the huge number of artistic possibilities available. Art and Design at Forest flourishes in well-resourced studios and workshops in the heart of the School. The facilities are always buzzing with activity as pupils dedicate as much time as they wish to their creative passions outside normal classroom hours. Pupils are encouraged to take part in the School's annual Art and Design Exhibition which takes place every year in June.



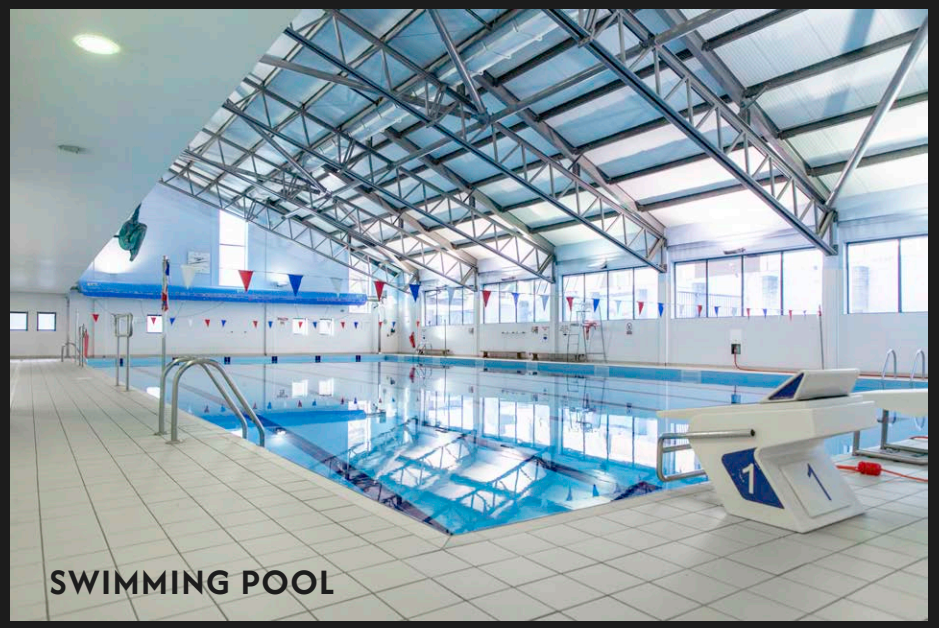
> **“Excellent facilities – good enough for 2012 GB Olympians – are a dealmaker for many prospective families, with extras such as fitness and conditioning offered to sports stars.”**
>
> The Good Schools Guide

Facilities

A London school like no other, our pupils experience a taste of two very different worlds: a busy city school set within 50 acres of grounds, surrounded by Epping Forest.

Forest is well connected to central London with fantastic transport links close to the school. We are a 10-minute walk from Snaresbrook tube station which is just 15-minutes away from Bethnal Green and 28-minutes away from Oxford Circus on the Central line. We are also a short bus journey away from Walthamstow Central, which is served by the Victoria line and London Overground. The school owns 20 acres of sports grounds, known as The Park, which is accessed through the forest. Pupils have use of our football and cricket pitches, athletics tracks and an allweather astro turf facility which support over 77 sports teams across the School.

Sports facilities



SWIMMING POOL



SPORTS HALL

MAIN FIELD



THE PARK

School Map


FOREST LONDON
PUPIL DINER 2
THE ACORN
CRICKET PAVILION
MUSIC RECORDING STUDIO
SYLVESTRIAN LEISURE CENTRE
COLLEGE PLACE
SPORTS HALL
ASTON BLOCK
SIXTH FORM CENTRE
MUSIC SCHOOL
SCIENCE BLOCK
CHAPEL
WARDEN'S GARDEN
CHAPEL QUAD
ART & DESIGN AND DRAMA
DINING HALL
PRE PREP PLAYGROUND
UPPER LIBRARY
STEWART ROOM
THE WARDEN'S HOUSE
THE DEATON THEATRE
MEDICAL CENTRE
WHITMORE BUILDING
MARTIN CENTRE FOR INNOVATION
GILDERDALE BUILDING
PREP SCHOOL
RECEPTION
OAKHURST GARDENS
MAIN FIELD
CRICKET GROUND
TENNIS COURT
TENNIS COURT
TO THE PARK
25 ACRES OF PITCHES FOR FOOTBALL, CRICKET, ATHLETICS & ALL-WEATHER ASTROTURF FACILITY



Admissions

To help you make that decision and to guide you through the admissions process at Forest, we warmly invite you to come and visit us.

Throughout the year we hold a number of events where you can meet and talk to staff and be given a tour in order to help you get to know the School and pick up on the distinct feel of Forest. Our pupils are always keen to meet prospective families and chat about their experiences at school; we believe they are our best ambassadors!

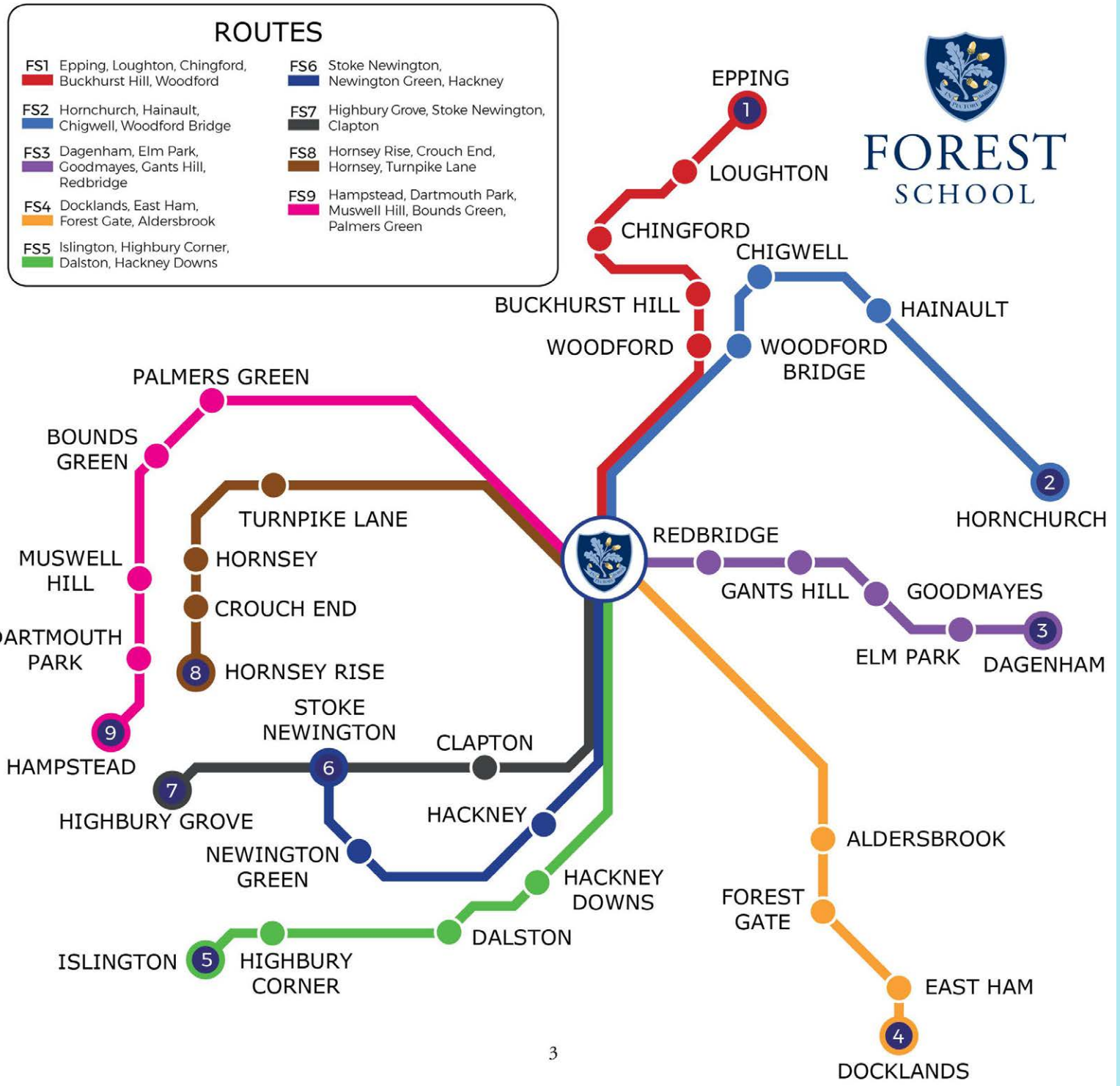
Please look through the information on our Admissions section on our website and do not hesitate to contact us if you have any queries. We look forward to meeting you and welcoming you to Forest School.

For more information about admissions, visit: www.forest.org.uk/admissions-overview

or email us at: admissions@forest.org.uk

Forest London | Senior Prospectus

Bus Map


ROUTES
FS1 Epping, Loughton, Chingford, Buckhurst Hill, Woodford
FS2 Hornchurch, Hainault, Chigwell, Woodford Bridge
FS3 Dagenham, Elm Park, Goodmayes, Gants Hill, Redbridge
FS4 Docklands, East Ham, Forest Gate, Aldersbrook
FS5 Islington, Highbury Corner, Dalston, Hackney Downs
FS6 Stoke Newington, Newington Green, Hackney
FS7 Highbury Grove, Stoke Newington, Clapton
FS8 Hornsey Rise, Crouch End, Hornsey, Turnpike Lane
FS9 Hampstead, Dartmouth Park, Muswell Hill, Bounds Green, Palmers Green
FOREST SCHOOL
EPPING
1
LOUGHTON
CHINGFORD
CHIGWELL
BUCKHURST HILL
HAINAULT
WOODFORD
WOODFORD BRIDGE
PALMERS GREEN
BOUNDS GREEN
TURNPIKE LANE
2
HORNCHURCH
MUSWELL HILL
HORNSEY
REDBRIDGE
CROUCH END
GANTS HILL
GOODMAYES
DARTMOUTH PARK
8
HORNSEY RISE
ELM PARK
3
DAGENHAM
STOKE NEWINGTON
CLAPTON
9
HAMPSTEAD
6
7
HIGHBURY GROVE
HACKNEY
ALDERSBROOK
NEWINGTON GREEN
HACKNEY DOWNS
FOREST GATE
DALSTON
ISLINGTON
5
HIGHBURY CORNER
EAST HAM
4
DOCKLANDS
3

FOREST
LONDON

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