



St. Michael's Church of England Primary School



Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN · Tel: 01228 711544 · Headteacher: Mrs J Paisley

Our school values: Respect · Kindness · Challenge · Forgiveness · Perseverance

19 March 2019

Dear Parents

I have arranged for Year 6 to visit Samye Ling, a Buddhist temple, on Wednesday 27 March to learn more about a Buddhist's way of life. Hopefully this will also give them strategies on how to keep calm and become more aware of themselves and the world around them, with the intent of encouraging them to have a positive mindset.

Children will need to come to school wearing their school uniform, with a warm, waterproof coat and sensible shoes. They will also need a drink and packed lunch – these are available to order online via lunchshop if required. If they require travel sickness pills, please make sure they have had these before arriving at school in the morning. If any further medication is required, please place it in a named bag and hand it in to me with instructions on what is required; children with inhalers should carry these themselves.

We request a contribution of £6 per pupil to cover the cost of the trip. We will arrive back to school before the end of the school day for normal collection time – any queries, please do not hesitate to contact me.

Yours sincerely

Miss Atkinson
Year 6 teacher