

28 April 2023

Re: Year 3 Educational Visit to Kagyu Samye Dzong London Tibetan Buddhist Meditation Centre

Dear Parents and Carers,

To support our class with our RE learning about Buddhism, we have organised an Educational Visit to Kagyu Samye Dzong London Tibetan Buddhist Meditation Centre in Bermondsey. Elis's class will be visiting on 18th May and Jo's class and Maria/ Simone's class will be visiting on 25th May. The children will be given an introduction to Buddhism and a talk about the essence of the Buddhist teachings, they will take part in a brief simple guided meditation and will have the opportunity to ask questions about the Buddhist faith.

We will be travelling by bus, train and tube. Elis's class will be leaving school promptly at 10.45 am and arriving back at approximately 3.15pm. Jo's and Maria's/ Simone's Classes will be leaving school promptly at 10.15am and arriving back at approximately 2.45pm.

The meditation Centre requests a minimum donation of £1 per child attending.

We will need parent helpers for this trip. If you are able to travel with your child's class let us know using the link below on or before 11/05/2023. All volunteers will be informed in advance of the trip.

Your child will need a packed lunch for this trip. You can order one using the link below on or before 11/05/23.

For the trip, please ensure your child has the following:

- Comfortable walking shoes
- Sensible clothing appropriate to the weather
- Any medical requirements e.g. asthma inhalers, eczema creams, etc.
- A nut free packed lunch (in a small rucksack) unless you prefer to order a school packed lunch
- At least 2 drinks - one of which should be a refillable water bottle

[To volunteer and/or to order a packed lunch for your child please click this link and complete the form on or before 11/05/23.](#)

Yours faithfully,

Elis, Jo, Maria and Simone
Year 3 Teachers