

# Frizington Community Primary School

Main Street, Frizington, Cumbria, CA26 3PF

Tel: 01946 810611

Fax: 01946 814768

[schooloffice@frizington-pri.cumbria.sch.uk](mailto:schooloffice@frizington-pri.cumbria.sch.uk)

**Head Teacher: Mrs Sarah Rose B.Ed (Hons), NPQH**

13<sup>th</sup> September 2018

Dear Parent / Carer

We have been fortunate enough to receive some Eco Therapy workshop sessions led by a member of the Cumbria River Trust. These workshops will help children to build confidence, self-esteem, team building and co-operation and it is a fantastic opportunity to be out in our beautiful local environment. Children will take part in orienteering, building bird boxes, planting and many more activities.

Your child has been selected to take part in this project which is limited to only a very small number of children as we feel that your child will benefit from attending.

The sessions will take place at Low Gillerthwaite at Ennerdale and the children will be accompanied by Mrs McManus and Miss Goulding. There is no cost involved and children will be back at School for the end of the day. Children will need to have suitable outdoor clothing (waterproof jacket and wellies / walking boots) plus a packed lunch and water bottle. If your child is entitled to free school meals, lunch will be provided by School but you will need to provide a drink. Children will be transported to and from Low Gillerthwaite by minibus which will be driven by Miss Goulding.

The sessions will take place on the following Monday afternoons:-

- 17<sup>th</sup> September
- 8<sup>th</sup> October
- 29<sup>th</sup> October
- 3<sup>rd</sup> December
- 17<sup>th</sup> December.

There will be more dates to follow. If you have any queries or would like further information, please do not hesitate to come and see me.

Yours sincerely

Lynsey McManus  
STA/Learning Mentor

