



Date 21.5.26

School trip to Insole court (Sound bath experience) Year 2

Dear Parents/Carers,

We have arranged a trip to Insole Court in Cardiff to take part in a sound bath experience on June 18th 2026. The workshop will be held by a company called 'The silence within' and will be held in the grade II listed building surrounded by beautiful grounds. Children will be taking part in meditation and experiencing a range of relaxing sounds to unwind and calm their mind. Children will also be taking part in a Mandala art activity in the forest. This links to our topic of 'balance and belonging' with a focus on Buddhism.

The children will leave the school at 9:00 am and return to school at 2:45 pm.

Please provide your child with a packed lunch. If you wish your child to have a packed lunch from the canteen, please inform staff via the year 2 email by 16th June.

The cost for this trip will be £13.25 and can be paid via parent pay. Children will continue to wear the usual school uniform and a suitable waterproof coat and footwear.

Please complete the permission slip below, and return by Monday 15th June 2026.

Kind regards,

Year 2 staff

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Year 2 Insole court sound bath experience

I provide authorisation for my child _____ Class _____ to participate in the above visit.

In case of an emergency I authorise the relevant First Aid treatment to be administered.

Signature _____ Parent/Guardian