



Tattershall Holy Trinity Church of England Primary School

Curzon Estate, Tattershall, Lincolnshire, LN4 4LD

Executive Headteacher: Mrs S Liley BSc(Hons). QTS, MaST, NPQH

Head of School: Mrs D Kaynes BA (Hons). QTS, PGCE, NPQSL, NASENDCO

12th November 2025

Dear Families,

We are delighted to offer your child a place at our Forest School Mindfulness sessions. These sessions will be on a Wednesday afternoon within school time and will continue through to February half term. This unique opportunity will allow your child to engage in outdoor learning experiences designed to promote emotional wellbeing, resilience, and a deeper connection with nature. Through mindful activities such as nature walks, sensory exploration, and reflective practices, children will develop valuable skills to support their mental and emotional health.

Kit List – They will get muddy!

Autumn/Winter

- Welly boots or waterproof walking boots
- Warm, waterproof coat with a hood
- Trousers (ideally waterproof)
- Jumper
- Spare pair of socks
- Gloves/hat/scarf

Spring/Summer

- Welly boots or waterproof walking boots
- Lightweight waterproof coat
- Trousers (ideally waterproof)
- Sun hat
- Sun cream.
- Long sleeve t-shirt

If you have any questions or would like further information, please don't hesitate to get in touch.

Kind regards,

R Gowshall
Forest School Lead

"All shall be well because we are knit together and rooted in hope"

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