



Archibald Family Support  
Archibald First School  
Gosforth  
NE3 1EB  
17th September 2018

Dear Parents/ Carers

As part of School's work supporting Children's Resilience and Emotional Wellbeing. We are planning to offer a 4 week Monday Lunchtime Mindfulness class commencing on Monday 1st October 2018 for Key Stage 2 pupils.

This will include extracts from the No worries and Sitting Still Like a Frog Schemes followed by a short session of Mindfulness colouring.

If you think your child would like to take part in this class, please return the attached slip to the school Office by Friday 28th September 2018.

If you would like to discuss this class or view the resources please do not hesitate to contact me on 07879485993 or [diana.west@archibald.newcastle.sch.uk](mailto:diana.west@archibald.newcastle.sch.uk) ?

Kindest regards

Diana West

(Archibald Family Support)

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I give my permission for my child .....to take part in

## Monday Mindfulness

Parent Carer .....

