



Archibald Family Support
Archibald First School
Gosforth
NE3 1Eb
3rd September 2018

Dear Parents/ Carers

As part of School's work supporting Children's Resilience and Emotional Wellbeing. We are planning to offer a 6 week Monday Lunchtime Mindfulness class commencing on Monday 17th September 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 14th 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 ?

Kindest regards

Diana West

(Archibald Family Support)

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I give my permission for my childto take part in

Monday Mindfulness

Parent Carer

