

28 March 2019

Dear Parents/ Carers,

As part of our School's work in supporting Children's Resilience and Emotional Wellbeing, we are planning to offer a 4-week Monday Lunchtime Mindfulness group, commencing on **Monday 29<sup>th</sup> April 2019** for Year 4 Pupils (on weeks with a Bank Holiday, it will be held on a Tuesday).

This half term, we are extremely fortunate to welcome a meditation teacher, from The Compassion Centre, to support our mindfulness practise and develop meditation skills. If you think your child would like to take part in this group, please return the attached slip to the School Office by **Friday 3<sup>rd</sup> April 2019**.

**There are a limited number of places this half term and places will be allocated at random, during the first week back after half term.**

**You will be notified if your child has a place.**

If you would like to discuss the content of the class, please do not hesitate to contact me.

Kindest regards,

Miss Kiddy

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### **Monday Lunchtime Mindfulness**

Please return slip by Friday 3<sup>rd</sup> April 2019.

I give my permission for: Name: \_\_\_\_\_ Class: \_\_\_\_\_

to take part in the Monday Lunchtime Mindfulness Group

Signed: \_\_\_\_\_

Date: \_\_\_\_\_