



10th October 2022

YEAR 2 MINDFULNESS CLUB

Dear Parents and Carers,

We are pleased to announce that we will be hosting a Mindfulness club this half term. The club will be held **after school on Thursdays** from **3.15pm – 4.00pm** and will be run by Miss Moore.

Children will be given a choice of activities to support wellbeing and encourage mindfulness. These may include; colouring, painting, play-dough and yoga. Each session will end with a guided meditation.

THURSDAY AFTER SCHOOL SESSIONS
10 th , 17 th , 24 th November
1 st , 8 th December

The total cost for these sessions will be £5.00, which will cover the cost of materials, as well as a drink and a snack. Please wait in The Grove at **4:00pm** to collect your child at the end of the session.

Please speak to your child **prior** to signing them up for Mindfulness Club to ensure that it is something they really would like to do; by taking a place your child does not want, you may be preventing another child who would like to take part from participating in the initial essential sessions.

You will be sent a 'Form' today via a separate Parent Mail; if you would like your child to take part in Mindfulness Club please complete this form by **10:30am on Friday 14th October**.

We will look at the responses and create a group of children. We will take into account children who have not taken part in previous clubs. We will then notify you if your child has a place and will ask that you make your payment through Tucasi our secure scopy system. Any child who is entitled to Pupil Premium; these costs will be covered by the school.

Yours faithfully,

Miss Moore