



5<sup>th</sup> September 2023

**YEAR 1 AND 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 Fridays** 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.

FRIDAY AFTER SCHOOL SESSIONS
<b>AUTUMN 1A</b> 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> September 6 <sup>th</sup> , 13 <sup>th</sup> October <b>No session on 20<sup>th</sup> October</b>

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 8<sup>th</sup> September**.

We will look at the responses and create a group of children. 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