

12th September 2017.

Dear Parents/Carers,

I will be starting a 'Mindfulness Club' on Tuesday afternoons until 4.15pm starting on 19th September for the children in Years 3 and 4.

We will be taking part in meditation and relaxations activities, as well as looking at breathing techniques.

If your child would like to attend please complete the slip below and return it to school as soon as possible.

Thank you.

Mrs. Casey.
Class Teacher.

My child.....in Class.....would like to attend the Mindfulness Club on Tuesday afternoons until 4.15pm.

Signed Parent/Carer.