

Dear Parents and Carers

**Mindfulness sessions**

Earlier in the year we commissioned a mindfulness practitioner to work directly with classes to support pupils develop their skills around using mindfulness techniques. The pupils enjoyed the sessions and in a recent pupil survey, 35% of pupils independently identified using the techniques as a way to help them feel calmer.

Unfortunately, the full delivery of the program was interrupted due to the Spring 2021 lockdown. We are pleased that we are now able to offer two parent sessions, via Zoom. These sessions will focus on using mindfulness techniques to support your child, as well as yourself, when feeling anxious or worried. There will be two, 90 minute sessions, hosted by Jyoti Manuel.

The sessions will be held:

**Mindfulness Session 1: 22<sup>nd</sup> June 9:30 – 11**

**Mindfulness Session 2: 29<sup>th</sup> June 9:30 – 11**

We will also be providing a final session to pupils involved in the original program on July 15<sup>th</sup>.

If you would like to join the parent sessions, please complete the slip below and return to school by Friday 18<sup>th</sup> June. We will then e mail you the link to access via Zoom. We will have a limited number of places available for those who need support with technology to attend at school.

Yours sincerely

A handwritten signature in black ink, appearing to read 'G. Quigley'.

Georgina Quigley  
Deputy Headteacher

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Name: \_\_\_\_\_

Parent of pupil: \_\_\_\_\_

E mail address: \_\_\_\_\_

I would like to attend in person: ☐