



November 7th 2017

Mindfulness parent workshop

Dear Parents/Carers,

Following the recent success of our parent workshops, I would like to invite you to a session on 'Mindfulness'. This will be forming part of our journey towards building a whole-school approach to supporting mental health and well-being in order to help pupils to learn confidently and benefit from a positive state of well-being.

The parent workshop will take place on **Tuesday 28th November** at **9.15am**. The workshop will run until **10.15am** and will focus on the benefits of mindfulness, how it can be applied at home and at school, and some suggestions for activities. The workshop will take place in the downstairs class room and refreshments will be provided.

Please complete and return the slip below if you would like to attend the workshop.

I hope to see you there.

Kind regards

Miss E Burrows

Pupil Well-being Leader

FAO. Mrs Sadler

Child's Name: _____

Class: _____

Parent's Name: _____

I would like to attend the workshop on Tuesday 28th November at 9.15am

