

# Northwick Park Primary and Nursery Academy

Company No. 9154404

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**Headteacher: Emma Lane**

February 2019

Dear Parents,

## **YEAR 6 RELAXATION/MINDFULNESS CLUB 4 WEEK BLOCK SESSIONS**

We will be running a relaxation/mindfulness club for Year 6 pupils. The club will run from 3-4pm on Tuesday and will be run by Miss Andrews. The club will run for four weeks on the following dates:

Tuesday 5<sup>th</sup> March  
Tuesday 12<sup>th</sup> March  
Tuesday 19<sup>th</sup> March  
Tuesday 26<sup>th</sup> March

If pupils wish to attend, they should attend all four sessions. The children will learn simple breathing exercises, some simple mindfulness techniques to help them be aware of their thoughts and feelings and explore using art and craft to help relax. Sessions are suitable for all pupils.

Please sign and return the attached form if you would like your child to attend.

**PLEASE NOTE THE CLUB STARTS ON TUESDAY 5<sup>TH</sup> MARCH**

Yours sincerely,

Miss Andrews

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**Relaxation/Mindfulness Club**

**Please return to Miss Andrews**

Name: .....

Class: .....

I give permission for my child to attend the Relaxation/Mindfulness Club for a 4 week block.

My child will be collect from school ☐

My child will be attending Busy Bears ☐

My child will be allowed to walk home ☐

Signed: .....

Dated .....