

# Northwick Park Primary and Nursery Academy

Company No. 9154404

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**Headteacher: Emma Lane**

September 2018

Dear Parents,

## **Y5 RELAXATION/MINDFULNESS CLUB 4 WEEK BLOCK SESSIONS**

We will be running a relaxation/mindfulness club for Year 5 pupils. This club will run from 3.00 – 4.00 pm on Tuesdays and will be run by Miss Gould and Miss Andrews. This club will run for four weeks on the following dates:

Tuesday 25<sup>th</sup> September  
Tuesday 2<sup>nd</sup> October  
Tuesday 9<sup>th</sup> October  
Tuesday 16<sup>th</sup> October

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 25<sup>TH</sup> SEPTEMBER

Yours sincerely,

Miss S Gould  
Deputy Headteacher

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### **Y5 Relaxation/Mindfulness Club**

**Please return to the School Office**

I give permission for my child ..... in Class .....  
to attend Relaxation/Mindfulness Club starting 25<sup>th</sup> September for 4 week block sessions.

My child will be collect from school

My child will be attending Busy Bears

My child will be allowed to walk home

Signed: ..... Parent/Guardian Dated: .....