



ASMA LL P R I M A R Y S C H O O L

Head Teacher: Mrs G M Speak
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Thursday 10th October 2019

Dear Parents/Guardians,

Mindfulness Club!

From Thursday 31st October, current associate teachers from the SCITT Programme, will be running an after school Mindfulness club for boys and girls in years 2 and 3 who want to join!

The club will be limited to 10 places, therefore places will be offered on a first come first served basis. If there are more children than places, then we may need to split the year groups and complete two, three week sessions.

It will include breathing techniques, yoga and meditation; all of which are beneficial to help children to be focused and calm.

The club will finish at 4:00pm. Children should be collected from the front entrance. No child will be allowed to leave the school unaccompanied. The club is for 6 weeks starting on **Thursday 31st October 2019**. The last session will be on **Thursday 5th December**.



If your child is unable to attend for a particular session, please inform the School Office.

If your child would like to join the Club please complete and return the slip below by **Monday 14th October**.

Yours sincerely,
Mrs Gibb and Mrs Evans
SCITT Associate Teachers



Mindfulness Club

I give permission for my child to stay after school for Mindfulness club.

I will collect my child from the front entrance at 4:00pm

My child will go to After School Club

Signed Date

Contact person and number on Thursday between 3:15 - 4:00pm