



West Kirby Primary School

Anglesey Road, West Kirby
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Dear Parents,

16th October 2017

Following the success of Meditation Mondays, we are pleased to be able to offer **Mindfulness in Action**, starting Monday 6th November. It will run after school from 3.30pm until 4.30pm.

Mr Procter will run the Mindfulness in Action club for 6 weeks. The final session will be Monday 11th December. Mindfulness in Action is open to any child in Year 4, 5 or 6 who wishes to attend.

We are asking for a voluntary contribution of £15.00 (or £7.50 for pupils eligible for Pupil Premium*). This money will go towards assisting us to provide a range of educational resources and supplies to support extra-curricular activities for the children.

Mindfulness in Action is an exciting new opportunity for pupils in year 4, 5 or 6 to learn and practise practical knowledge and strategies to stay happy and calm. We will practise improving our focus, building habits to reduce anxiety and learn about conflict resolution – how to stay calm and not fall out with friends and family.

We are lucky enough to have several special guests joining us for this course, including a yoga instructor and an ex-military self-defence instructor who will teach us how to stay calm and manage conflict when we are faced with an aggressor.

At 3.30pm your child should make their way to Class 5. At 4.30pm, the children can be collected from the school office.

NB The first week will be a longer session, as we will be making Lanterns for the Travelling Light Parade on 11th November. In collaboration with local community group Transition Town West Kirby, we will blend mindfulness activities with craft, while reflecting on the importance of peace.

Monday 6th November's session will finish at 5.30pm. All other sessions will finish at 4.30pm.

If your child would like to attend, please return the slip below by Friday 20th October.

Yours Sincerely

Mrs K Takashima
Headteacher

* Pupil premium includes families eligible for free school meals in the last 6 years, armed forces families and children who have been 'looked after children'. Any other parents experiencing financial hardship should contact the school office.

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Mindfulness in Action – 6 weeks (Mr Procter)

Name: _____ Class: _____ Year: _____

☐ I wish my child to attend Mindfulness in Action with Mr Procter for 6 weeks starting on Monday 6th November 2017.

☐ I enclose a voluntary contribution of £15.00 / £7.50* to cover the cost of the club

Signed: _____ Date: _____

