



West Kirby Primary School

Anglesey Road, West Kirby
Wirral, Merseyside CH48 5EQ
Headteacher: Mrs K Takashima

Tel: 0151 625 5561

Fax/Tel: 0151 625 3129

Email: schooloffice@westkirby-primary.wirral.sch.uk

Website: www.westkirbyprimaryschool.co.uk

6th September 2017

Dear Parents,

We are pleased to be able to offer **Meditation Mondays**, starting Monday 11th September. It will run before school from 8.15pm until 8.45pm.

Mr Procter will run the Meditation Monday for 6 weeks. The final session will be Monday 16th October. Meditation Monday is open to any child in Year 4, 5 or 6 who wishes to attend.

Meditation Mondays is an exciting new opportunity for pupils in year 4, 5 or 6 to start the week off in the best possible way. First, we will wake our bodies up with some gentle moving meditation such as tai chi or yoga. Next, we will focus and still our minds with some breathing exercises. Finally, we will set our intentions for the week.

At 8.15 your child should make their way to Class 5. At 8.45, the children will go onto the playground to wait for the whistle at 8.50 to start school as normal.

What is Meditation?

Meditation has many different interpretations. For some people, it is relaxation or stress management. Meditation Mondays have no link to religion, children do not have to sit on the floor or even close your eyes. We will simply try to be mindful – to notice things – and to focus on the here and now so that we become relaxed but alert. We will learn a range of useful techniques during the 6 week course which can help us stay calm in stressful situations; make better decisions when we are feeling angry; improve concentration and help us to unwind before bed; improving sleep.

If your child would like to attend, please return the slip below by Friday 8th September.

Yours sincerely

Mrs Takashima
Headteacher

✂-----

Meditation Mondays – 6 weeks (Mr Procter)

Name : _____ Class : _____ Year : _____

☐ I do wish my child to attend Meditation Mondays with Mr Procter for 6 weeks starting on Monday 11th September 2017.

Signed : _____ Date : _____

