



Garfield Primary
Today's children, tomorrow's future.

12th September 2022

Mindfulness Year 6

We are so excited to start our mindfulness club on a Wednesday mornings as the children find it really helpful and a great start to the day.

Year 6 is a very important year and mindfulness helps to equip our pupils with great techniques and skills that can be used throughout their lives.

We know that by teaching our pupils to be more mindful, they are able to respond to stressful situations in a more calm and positive way.

If your child would like to join, please complete and return the attached slip by **Friday 16th September 2022**. Mindfulness Club is free of charge.

The first Mindfulness session will be on **Wednesday 21st September 2022** starting at **8am prompt** and finishing at 8.45am. Please ensure your child is on time as lateness is very disruptive. We will then escort the children to class to begin their school day.

Yours faithfully

S Longstaff

Miss S Longstaff
Learning mentor

David Newson

Mr D Newson
Assistant Head teacher

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To: Miss S Longstaff

I give my permission for of Class
to attend Mindfulness Club.

Parent/Carers Name Tel No.

Signed _____ Parent/Carer