



Billingshurst Primary School
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4th January 2017

Dear Parent,

I would like to let you know about a free mindfulness session that I will be running for Year 6 students on Monday mornings from 9th January from 8.30-8.50am before school.

I am offering this session for free and the children can come in and just sit quietly and be guided through learning how to calm themselves and focus on their tasks for the week ahead. I would like to stress that there will be no religious connotation in these sessions.

Our children now live in a rushed, stressed world of busy parents, school pressures, exams, video games, competitive sports and after school clubs. We usually don't think of these influences as stressful for our children, but often they are. The bustling pace of our children's lives can have a profound effect on their innate joy and usually not for the better.

Through my own practice and working with my own children, together we have found that yoga relaxation and movement can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfilment, they can navigate life's challenges with a little more ease.

The classes will start on Monday 9th January at 8.30am in one of the Year 6 classrooms. There will be a sign on the door advising for the children to enter quietly and come and sit down. The session will finish 5 minutes before registration, which will give the children enough time to settle back into their classrooms for the day ahead.

Kindest regards,

Tanya Cooper

(Parent of Barney Hoad)

If you would like your child to attend, please complete the following form.

Year 6 Mindfulness Sessions

I would like my child _____ (name) of _____

(class) to take part in the mindfulness sessions beginning on Monday 9th January.

Signed _____

