



## Mindfulness and Meditation Club - Spring Term 2019

Dear Parents and Carers

I am really pleased to be continuing the Mindfulness and Meditation sessions at Southway. The clubs will be held on a Friday, starting Friday 18th January and ending Friday 29th March (excluding 22nd February - half term). There are two sessions available, 12.15 – 12.45 and 12.45 – 13.15. The spaces are limited as the groups are for a maximum of 8 children. Places will be allocated on a first come first served basis.

The cost of the sessions will be £30 (10 weeks), paid via bank transfer or cash. **Please make payment and return the form by Friday 11th January 2019.** Your child will then have a place unless notified. Children can also join throughout the term if there are spaces available.

Alison Palmer

Acc No: 65500160

Sort Code: 77-63-23

Ref: SOU - Child's name

If your child has any medical information that I need to be aware of, or if there are any particular issues that you would like dealt with in the sessions, please let me know.

Kind regards

**Alison Palmer**

**Growing With Calm**

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## Southway Junior School – Mindfulness and Meditation

I give consent for my child, \_\_\_\_\_ Year group \_\_\_\_\_  
to attend the Mindfulness and Meditation lunchtime sessions throughout the Spring term.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

Email: \_\_\_\_\_

**Please return this form, once payment by bank transfer has been made or enclosing cash, to the school office, addressed to Alison Palmer, Growing With Calm, Mindfulness and Meditation Club.**