

5th October 2021

Dear Parents/Carers

Mindfulness Workshop

As I know you will all agree, life has been very difficult over the last 18 months and there have been many challenges and stresses in coping with the changes and restrictions to everyday life. World Mental Health Day is on Sunday, 10th October – the objective of this day is to raise awareness of mental health issues around the world.

With this in mind, we have booked a Mindfulness Workshop on Tuesday, 12th October.

Throughout the day all each class will attend the Mindfulness Workshop - the children will learn simple techniques to help them take control of their mental well-being. Through games and exercise the children will learn strategies to help improve mental health, enhance focus for learning and develop social skills.

The workshop will help develop skills and strategies to enable the children to become more resilient and will assist them in exploring how to communicate their feelings effectively.

We look forward to the Mindfulness Workshop helping the children explore the basic concept on mindfulness and enabling them to develop calm and resilient strategies for coping with different emotions and feelings.

Yours sincerely

Miss M Du Bruyn
Headteacher