

29th March 2019

To: Parents of Pupils in Reception to Year 6

Dear Parents,



Mindfulness and Wellbeing Extra Curricular Club – Monday Afternoons

Following on from the success of Yoga and Mindfulness club last term we are pleased to offer a similar Mindfulness and Wellbeing club which will run during the Summer Term, on Mondays from 3.45 to 4.45pm in the Friends Room, Villa Road. This club will be run by Kirstie Mackintosh, who previously ran Yoga and Mindfulness Club and will be supported by a member of Hollygirt staff.

The cost is £44 (£5.50 per session for eight weeks) to cover the cost of the specialist coach. If your child would like to participate in this club, please fill in and return the attached consent slip by Monday 29th April, along with payment (cheques made payable to Hollygirt School; BACS with the reference "MW ECA") ahead of starting on Monday 29th April.

Dates for the sessions will be:

First half Term

Second half term

29th April

3rd June

24th June

13th May

10th June

1st July

20th May

17th June

Yours sincerely,

Mrs C Scott



Child's Name: _____

Class: _____

I give consent for my child to participate in Mindfulness and Wellbeing Club. I acknowledge the need for obedience and responsible behaviour on their part. I understand that there is some level of risk in every activity but this will be managed to minimise the risks involved. I believe my child to be medically fit to undertake this activity.

I agree to the fee of £44 (£5.50 per session for 8 sessions), and enclose payment. (Cheques should be made payable to Hollygirt School; BACS payments should have the reference "MW ECA".)

Signed : _____

Date: _____

Please return to form teachers by Monday 29th April