



Kind Ready Safe

CHELLASTON JUNIOR SCHOOL

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Head Teacher – Mrs Lisa Turner-Rowe



May 2023

Dear Parents and Carers,

Mindfulness and Meditation Club

Next half term we will be running a Mindfulness and Meditation Club on Mondays after school for pupils in years 4 and 5.

We will be taking part in a group meditation each week, either inside or outside. Activities will include mindful art and outdoor exploring activities: colours in nature, cloud watching, drawing, etc. The club will be hosted in Ticknall Classroom and run by Ms Onion. The club will start on Monday 5th June 2023 which is the first Monday back after half term, and run for six weeks. The last session will therefore take place on Monday 10th July 2023.

This club will be free of charge and is bookable through SchoolCloud. There are limited spaces with spaces being allocated on a first come first served basis. Once the spaces are all allocated you will no longer be able to book onto the club, therefore, if you do get booked on your child has a space, we will not be confirming places.

No equipment will be needed for these sessions.

This is a very exciting chance to learn how to be mindful and in the present moment and to make some new friends.

Yours Faithfully,

Ms Onion
Class Teacher