

**Chaucer Junior School**  
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**Headteacher - Mrs A. Upton**

23<sup>rd</sup> May 2019

Dear Parent/Carer,

Due to the success of the parent's mindfulness attention programme taster session, we have decided to offer a **free** six-week course for parents starting on Wednesday 12<sup>th</sup> June.

The sessions will be run by Suzanne McKeowen, who has been supporting Mrs Starling and Mrs Farrall deliver mindfulness to both year 5 classes. These sessions are a wonderful opportunity for you to learn techniques to help you support your child's wellbeing and of course your own.

You will discover the reason for our reactions to some situations and techniques to help with focus and concentration. Life for everyone is getting busier, this can help you take a moment for yourself to stop life getting on top of you.

We are deciding what times would suit most interested parents. If you could circle your preferred session times, we will go with the most popular choice. A confirmation letter will be sent out with the confirmed times, once we have received the slips at the bottom of this letter. Please return by 6<sup>th</sup> June 2019.

Please join us, these sessions are fun and hopefully you'll go home relaxed. You won't have to take part in anything you don't feel comfortable with.

Yours sincerely,

*A Upton*

Mrs A Upton  
Headteacher

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Parent's name: \_\_\_\_\_ would like to attend the free mindfulness for parents' course.

Child's name and class: \_\_\_\_\_

Please circle preferred time 1.15pm-3.15pm or 4pm-6pm



