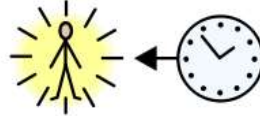




27th February 2020



Parent & carer well-being Workshop



Dear Parent/Carer

I would like to invite you to a well-being workshop, for parents & carers, on Friday 6th March 2020 1.15-2.45 pm.

Our Lead PHSE (Personal Health and Social Education) will offer you understanding of Mindfulness, what it is and how it can help our mind and body to relax and focus on what we are doing at any given moment. The session will offer you a range of sensory mindfulness practices that you can use for yourself and with your child.

The workshop is free and refreshments will be provided. Unfortunately we are unable to provide crèche facilities.

If you would like to join us please complete and return the reply slip below.



Yours sincerely

Debbie Shaw
Parent Link Worker

✂.....

F.A.O Debbie Shaw
Wellbeing

I would like to come to the workshop on 6th March 2020

Name*

Student's name.....

If you wish to take your child with you, when you leave at 2.45pm, please tick the box

*If more than one adult is coming, please list them all.