

Woodthorne Primary School
Woodthorne Road South
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Headteacher
Mr T Hinkley

Chief Executive Officer
Mrs A Cheema OBE

Part of Perry Hall Multi-Academy Trust
Company Number: 08566185



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20 January 2020

Dear Parent/Carer

Years 3 and 4 – Magical Morning Meditation

Following the success 'Magical Morning Meditation' in Key Stage 1, Mr Atwal and I will be extending sessions to Years 3 and 4 with effect from Monday 27th January 2020.

'Magical Morning Meditation' takes place in the mornings from 8.30am – 8.45am in the KS1 hall. Please drop your child at the door at the rear of the hall at 8.30am.

Activities will include:

Yoga Stretches

Wakes up the body and mind. Reduces stress and anxiety and helps develop concentration.

Light Exercise

An excellent way for children to establish a routine, put them in a better mood, increases their focus and alertness and improves their fitness and well-being.

Affirmations

Helps boost confidence, builds resilience and helps develop a more positive mind-set.

Gratefulness / Thankfulness

Helps children view life as a gift and helps develop positive emotions.

Places will be on a first come, first served basis. If your child would like to take part in these sessions, please complete the reply slip below and return it to the school office by Friday 18th January.

Yours faithfully

Mrs H Sodhi 

Years 3 & 4 – Magical Morning Meditation

Child's name Class

I give permission for my child to attend the Magical Morning Meditation sessions.

Signed (parent/carer) Date