

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

Tel: 01902 558544

26<sup>th</sup> February 2020

Dear Parent/Carer

### Years 5 and 6 – Magical Morning Meditation

Following the success 'Magical Morning Meditation' in Key Stage 1, Mr Atwal and I will be extending sessions to Years 5 and 6 with effect from Monday 2<sup>nd</sup> March 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 18<sup>th</sup> January.

Yours faithfully

Mrs H Sodhi

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### Years 5 & 6 – Magical Morning Meditation

Child's name ..... Class .....

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

Signed (parent/carers) ..... Date .....