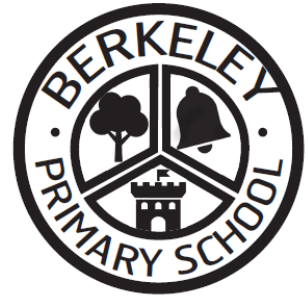


BERKELEY PRIMARY SCHOOL

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Mindfulness Day Friday 11th May



Dear Parents and Carers

On Friday 11th May we are holding a Mindfulness Day. Mindfulness is paying more attention to the present moment, to your own thoughts and feelings and to the world around you and can improve your mental wellbeing. We feel that it is important to dedicate a whole day to this approach, especially before assessment week!

- We invite the children to bring in their own slippers to change into whilst at school.
- Please wear comfortable clothing such as pyjamas, jogging bottoms or similar leisurewear.
- We hope to spend the day teaching them activities such as yoga, meditation and music and art sessions.
- We will be trialling some pet therapy throughout the day with the children, in the form of Maddie the dog! She is a very calm, well-trained, young Cocker Spaniel. If your child has any allergies towards dogs, please inform your class teacher in writing, and we will ensure they do not come into contact with her on the day.

If you have any skills that you feel would help with this event please let us know.

In addition, if you have any objects that could enhance the sensory areas in our classrooms or on the school field such as glass beads, mirrors etc. please send them in.

Many thanks for your support.

The Berkeley Team



If children are happy, they will achieve!

Berkeley Primary School, part of Cotswold Beacon Academy Trust, registered in England and Wales no. 7692339, registered office Cainscross Road, Stroud, GL5 4HE



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