



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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Head Teacher: Miss T Cotchin BA(Hons) PGCE NPQH



16 September 2022

Dear Parents and Carers,

Re: Mindful Colouring Club – Year 1

I am excited to be able to offer a club for pupils in Year 1. This club will offer opportunities for children to take part in 'informal meditation' through mindful colouring. By bringing their awareness into the present moment - consciously focusing on colours and design, instead of the formal meditation practice of focussing on the breath, children bring their focus to the weight of the pencil in their hand, the shade of colours on their paper, and the feelings they experience throughout.

The club will run after school on Monday between **3:20pm and 4:00pm**.

The first session will take place on **Monday 26th September until the last session on Monday 14th November**.

There will be a limited number of places, and it will be on a first come, first served basis. Sign up ends on Thursday 22nd September.

You will be notified if your child does not have a place by end of day Friday 23rd September.

Collection of your child will be at 4.00pm from the Reception black gate.

Please follow this link <https://forms.office.com/r/P5JXyzDuhU> to sign up.

Kind regards,

Miss Stevens

Reception class teacher

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

