



Building Inspiring Caring

CIRCULAR 2018/19 TL030

To: Parents/Guardians of all enrolled students
Cc: Bursar

November 2018

'Helping your child with Anxiety - using Mindfulness'

We would love to invite you to school on the 4th of December 2018. We are holding a taster session on 'Helping your child with Anxiety- using Mindfulness'.

It will be on the 4th December at 9:30 am or 11 am at Blackwater Integrated College.

Tea and coffee will be available.

It will be a **practical session** so please be prepared to participate and prepare to leave feeling more relaxed and energised.

We would love to offer this support.

Please **confirm by email if you plan to attend** - if you have a yoga mat, then bring it with you. There will be a second session at 11am - please indicate your preference.

Looking forward to seeing you.

Miss Ali McCammon
Senior Teacher- SENCO