



ST. LEONARD'S PRIMARY SCHOOL

January 2019

Dear Parents

CALM CLUB

I am going to run a Calm Club for children in Years 1 and 2. This club will include mindfulness techniques such as yoga, meditation and mindfulness activities. This will run on Tuesday's starting on 15th January immediately after the school day ends and finishing at 4.00pm prompt.

If you wish your child to attend please complete and return the consent form below to school as soon as possible.

Thank you for your support.

Yours sincerely

Mrs C Callaghan

ST. LEONARD'S PRIMARY SCHOOL - Calm Club

Name of Child..... Class

I give permission for my child to attend the above after school club

I will collect my child from school at 4.00pm prompt

I agree to my child taking part in this activity and I acknowledge that to be included he/she will need to maintain responsible behaviour

Signed Person with Parental Responsibility

Emergency Contact Number.....