



June 21, 2018

Dear Parent / Caregiver,

As part of the PDHPE program, students will be participating in a mindfulness program at school in Term 3. Qualified instructors from The Life Skills Group will be delivering interactive and progressive lessons where students develop their self-awareness and increase impulse control, focus and empathy. Mindfulness in Action utilises scientifically proven mindfulness techniques, effective pedagogical practices and cross-sectional research in cognitive affective neuroscience to teach students to pay attention to their experiences in a non-reactive way.

Students in grades **Kindergarten to grade 2 will participate every Friday**. Students in **grades 3 to 6 will participate every Monday** for 40 minute lessons over 8 weeks.

Please sign and return the permission slip at the bottom of this page **to your child's classroom teacher (not to the office)**.

**MINDFULNESS IN ACTION PROGRAM**

- DATES:** Term 3, 2018 – over 8 weeks
- PARTICIPANTS:** Kindergarten to Year 6
- COST:** \$45.00 (which you will be invoice for via email)
- PAYMENT DUE:** Friday, July 27, 2018
- PAYMENT OPTIONS:** POP or cash (**CHEQUES NO LONGER ACCEPTED**)

Mrs. Morrissey  
Principal

**SAVE THIS PORTION OF THE NOTE FOR YOUR REFERENCE**



**MINDFULNESS IN ACTION PROGRAM**

I give permission for my child \_\_\_\_\_ in class \_\_\_\_\_  
to participate in the Mindfulness in Action Program during **Term 3, 2018**.

Parent/Caregiver's Signature: \_\_\_\_\_

Date: \_\_\_\_\_