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Dear Parents and Carers

As part of our work to support positive mental health and well being, we have introduced mindfulness in class and assembly. Last week we thought about being peaceful linked to our Peace value. This week, sees us reflect on kindness, linking to friendship and Children in Need.

The NHS (nhs.co.uk) states mindfulness as "Knowing directly what is going on inside and outside ourselves, moment by moment....Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better...Awareness of this kind also helps us notice signs of stress or anxiety earlier and helps us deal with them better."

We would like to invite you to see our mindful sessions in action in your child's class and join in if you so wish. The sessions will take place as follows:

Year 3: Monday 26th November at 3.10pm- 3.30pm

Year 4: Monday 19th November at 3.10pm-3.30pm

(Year 1 and 2 sessions will take place in the Spring Term)

Please come to the normal pick up door and we'll take you up to class from there.

Sharon Skilling from the Bedford Borough Psychology team is coming on Wednesday 28th November to run 'Chill' workshops for Year 5, Year 6 and their parents, offering strategies, including mindfulness for helping the children to keep calm and stress free in daily life. Times are as follows:

5R 8.50am- 9.30am

5M 9.30am -10.10am

6J 10.30am-11.10am

6D 11.30am-12.10pm

Please return the slip below or Dojo your child's teacher if you are able to join us.

We look forward to seeing you.

Vicky Norman

(Mental Health and Wellbeing Lead)

Child's name _____ Class _____

I will be able to join the mindfulness session in my child's class (please tick)

Signed _____ print _____