



Mindfulness and Meditation Lunchtime Club – Spring Term 2026

Dear Parents and Carers

I am really pleased to be continuing the Mindfulness and Meditation sessions at Southway in the Spring term. The lunchtime club will be held on a Monday for Year 3 & 4, and Tuesdays for Year 5 & 6. Sessions will begin in the week commencing 12th January and end week commencing 16th March. Places will be allocated on a first come first served basis.

The cost of the sessions will be £28(8 weeks), paid via bank transfer or cash. **Please make payment and return the form by 9th January 2026.** Your child will then be allocated a place and this will be confirmed to you. Children can also join throughout the term if there are spaces available.

Alison Palmer

Acc No: 65500160

Sort Code: 77-63-23

Ref: SOU - Child's name

If your child has any medical information that I need to be aware of, or if there are any particular issues that you would like dealt with in the sessions, please let me know.

Kind regards

Alison Palmer

Growing With Calm

Southway Junior School – Mindfulness and Meditation

I give consent for my child, _____ Year group _____
to attend the Mindfulness and Meditation lunchtime sessions throughout the Spring term.

Signed: _____ Dated: _____

Email: _____

Please return this form once payment by bank transfer has been made, or enclosing cash, to the school office, addressed to Alison Palmer, Growing With Calm, Mindfulness and Meditation Club. Alternatively, please email the form to alisonmeditation@hotmail.com