



GROWING WITH CALM

## Mindfulness and Meditation Lunchtime Club – Autumn Term 2026

Dear Parents and Carers

I am really pleased to be continuing the Mindfulness and Meditation sessions at Southway in the Autumn term. The lunchtime club will be held on a Monday for Years 3 and 4, and Tuesday for Years 5 & 6. Sessions will begin in the week commencing 14<sup>th</sup> September and end week commencing 23<sup>rd</sup> November. Places will be allocated on a first come first served basis.

The cost of the sessions will be £35 (10 weeks), paid via bank transfer or cash. **Please make payment and return the form by 8<sup>th</sup> September 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**

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## Southway Junior School – Mindfulness and Meditation

I give consent for my child, \_\_\_\_\_ Year group \_\_\_\_\_

to attend the Mindfulness and Meditation lunchtime sessions throughout the Autumn 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](mailto:alisonmeditation@hotmail.com)**