

PREP MINDFULNESS INCURSION



Dear Parents/Guardians,

An incursion with the 'Mindful Monkey' has been arranged for Preps for Tuesday 18th May, 2021. Mindfulness practice assists students to regulate their emotions and access deeper levels of memory and thinking. This interactive workshop is run by a qualified teacher who will teach students practical mindfulness strategies. During the session, students will learn skills to help them to become body and emotion detectives, practise animal-themed breathing techniques and use their senses in new ways. The workshop will give them the tools to calm their own 'monkey minds' and better understand their emotions.

The cost of this excursion is \$16.00 per student. Please complete the attached permission form and payment slip and return to the school with payment.

PAYMENT NEEDS TO BE MADE NO LATER THAN 9:30AM ON FRIDAY 14TH OF MAY, 2021

Please note, no payments can be accepted after this time, as final confirmation of bookings will be made.

Louisa Carey (Team Leader), Stephanie Vawser, Meg Kingwell and Annie Chhen
Prep Teachers

PREP MINDFULNESS INCURSION: TUESDAY 18TH MAY 2021

PAYMENT DETAILS

I give permission for my son/daughter _____ in _____
Name of student *Class*

to attend the Mindful Monkey incursion.

Signature of Parent/Guardian _____

Cost of excursion: \$ 16.00

PAYMENT METHOD

Cash CSEF Visa MasterCard
(Minimum transaction \$10.00)

Card No:

Expiry Date: _____ / _____

CCV No. _____
(Last three digit number on back of card)

Cardholders Name: _____

Cardholders Signature: _____