



Mindfulness & Mince Pies

We would like to invite all parents and carers to a relaxation and mindfulness session led by Veronica Ellis. After the session there will be time to enjoy a chat over coffee/tea, mince pies and other Christmas treats!



Date: Fri 8th December



Time: 9.00 – 10.30am

Place: Assembly hall & staffroom



If you have a yoga mat, please bring it with you.

