



- Principal: Dan Jarrad | Senior Leader: Sonja Blazevic School | Senior Leader: Anne-Marie Shaw | Leader Of Learning: Chris Guy -
- Email address: dl.0897_info@schools.sa.edu.au School | Fax Number : 8287 1561 -

Mindfulness Parent Session

(Session has been organized based on requests and feedback from families within our school community)

Dear Parents & Caregivers

What is a butterfly breath? Are you interested in mindfulness?
Want to know the benefits Mindfulness has on your child's learning?

Through our Positive Education Program, we have implemented Mindfulness as a whole school approach to de-escalation, encouraging students to self-regulate. Come and experience the benefits firsthand with a qualified Mindfulness Teacher!



Monday 2nd July
Room 14-15
3:15pm - 3:45pm
At Elizabeth Grove Primary



****All families who attend will receive a \$2 Canteen voucher for each of their children to spend at our school canteen! ☺***

There will be a supervised art and craft session in Room 2 for students aged 5-12 years old.

The information session will include topics such strategies to use at home and the benefits of mindfulness on your child's learning. We look forward to seeing you at our information session, please return the below RSVP as soon as possible to your child's class teacher.

Elizabeth Grove Primary School Staff



RSVP to our Parent Mindfulness Session

Name/s _____ Contact telephone number _____ 13921685

Number of People attending _____ Children who require vouchers _____

**Free \$2 Canteen
Voucher!**