

Thursday 14th March 2024

Dear Parents and Carers,

We are delighted to inform you that, on **Tuesday 16th April**, the pupils in year 6 will take part in **Success Club's "Moment of Calm"** programme aimed to support Year 6 children in the run up to their SATs.

The SATs period in Year 6 can sometimes be a challenging time for the students and teachers alike, as such this mindfulness workshop and resources aim to promote a calm and centred atmosphere. Each year 6 child will receive an easy-to-use **booklet**, full of calming tips and tricks.

This **workshop** is a fantastic opportunity to learn easy, self - soothing techniques which empower the children to believe in themselves, develop a growth mindset and learn how to manage their stress levels.

Success Club will run a mindfulness assembly for the whole year 6 group in school. It will last for approximately 30 minutes and will include:

- A brief introduction to mindfulness
- Warm Up
- Mindfulness exercise practice from the booklet
- Warm down and finish

Who are Success Club?

Success Club is a children's charity that delivers personal development and well-being programmes in schools around Enfield, working with children and young people to provide them with the skills, beliefs and attitudes to succeed. Their aim is to help them rise up through a series of reflective learning, confidence building, and positive behaviour led programmes that have mindfulness at their heart.

If you have any questions, please don't hesitate to ask.

Yours Sincerely,

Mr Currie
Upper Phase Teaching and Learning Lead