



19 November 2018

Dear Parents and Carers

Re: Green Hearts Mindfulness and Wellbeing sessions

With the mock exams approaching we have organised for the team at Green Hearts to come in and offer some mindfulness and wellbeing sessions. These sessions have been successfully trialled in the students PE lessons and provide excellent support in preparation for your son or daughter's exams.

They will take place on the following days after school from 3.30pm – 5.20pm:

- Wednesday 28 November
- Friday 30 November
- Tuesday 4 December

It is recommended that the students wear comfortable clothes as the sessions will include some relaxation techniques where they will be lying down.

For more information on Green Hearts and what they offer, you can visit their website at the following address:

<http://www.green-hearts.co.uk>

If you would like any more information, please do not hesitate to contact me at the school on 01277 238300 or by email: droberts@st-martins.essex.sch.uk

Yours sincerely

Mr Roberts
Head of Year 11