



22nd January 2021

Dear Parent / Carer

At Hylands we believe that student wellbeing is hugely important, and this runs throughout our vision for supporting students, particularly while we are facing the challenges of lockdown. As such, we have invested in sessions in mindfulness and resilience led by experienced practitioners to support our students in years 11-13.

We have identified your child as someone who will benefit from support with their wellbeing and would like to offer a 6-week programme about mindfulness and resilience.

Details of the course:

The sessions will be on Wednesdays at 3:10 - 3:40 pm via Google Classrooms. All cameras will be off and microphones on mute. The first session will start on Wednesday 27th January and run for 6 weeks. Ideally your child will be in a quiet place and have a pen and paper ready in case they want to write down any reminders.

There is no cost to you for these sessions. Places are strictly limited and so you will need to confirm your place as soon as possible to take advantage of this opportunity. To accept your child's place and to give permission for the sessions, please complete the following google form:

https://docs.google.com/forms/d/e/1FAIpQLSe9b2hO1GbKqFyflowQN7ZDMXZ3wTvx5FyqES6cWGB90k6RA/viewform?usp=sf_link

Once you have done so we will be in contact with details of how to join the session via a google classroom link.

Please feel free to contact me if you have any questions.

Yours faithfully

Mr D Hewlett
Head of Sixth Form

Mr D Hawkins
Head of Year 11

Ms W Foley
Pastoral Support Manager
Year 11 & Sixth Form

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