



École Arbutus Global Middle School

Sept. 21, 2018

Grade 6-8 Meditation Classes

Dear Parents,

Starting on Friday, September 28, we are pleased to again offer weekly meditation classes at Arbutus Global Middle School. The classes will be taught by parent Laura Alcaraz-Sehn and will take place on **Fridays before school** in the **cafeteria from 7:45 am to 8:15 am.**

Meditation is a practice where an individual uses a technique, such as focusing their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state.

Meditation may be used with the aim of reducing stress, anxiety, and increasing peace, self-concept and well-being.

During this sessions the students will practice silent and guided meditations, and will learn the tools to practice meditation on their own, at school or at home.

Please sign and return the form below if you give permission for your child to join these classes. Thank you to Laura for offering this healthy and wonderful opportunity!

Rob Parker, Principal

Meditation Classes

I give permission for my child _____ to join Meditation Classes at Arbutus

Global Middle School before school from 7:45 am – 8:15 am starting Sept. 28.

Parent Signature

(Please return form to Office)