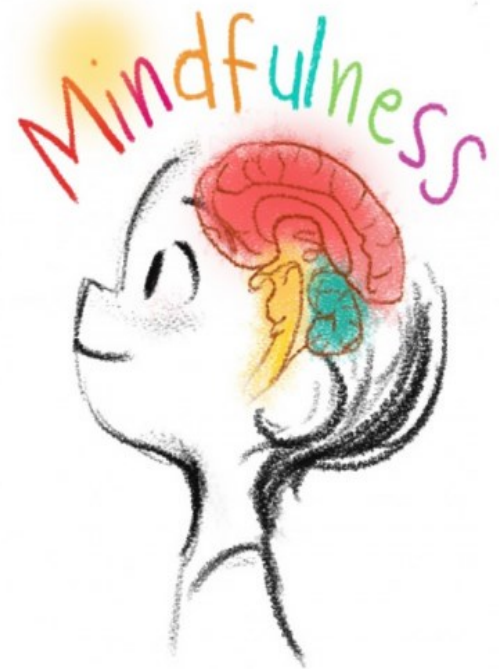


# Coffee and Mindfulness Morning

**Friday 22nd of March**

**8:50 - 9:40am**

**Cedar Building**



Come and join us for a relaxed morning.  
Ellie from Kindfulmind will be here talking  
about Mindfulness and how it can help  
children deal with their emotions.

Coffee and biscuits provided and little ones  
welcome!

If you are interested, but unable to attend please  
contact Miss Garrett



**Wansdyke**  
Primary School



**kindfulmind**  
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[www.kindfulmind.co.uk](http://www.kindfulmind.co.uk)