

Dear Parents and Guardians,

Throughout the year, High Plains offers a variety of clubs to students. This year we will be offering a Mindfulness Club called 'Mindful Masters'. The club will help students learn coping and calming skills, and a variety of different mindful skills such as breathing techniques, guided relaxation, and yoga poses. Students will also learn how and when to use appropriate skills for when they feel angry, upset, sad, etc.

Miss Finch will lead the club. The club will meet every other Tuesday morning at 7:15, starting on Tuesday, September 11th 2018. Our club starts promptly at 7:15 and the club will run through the entire school year. Please make sure that transportation is provided and students arrive on time. The group is open to 2nd through 5th grade and will be filled on a first come first serve basis. The club meeting dates are as follows:

Tuesday September 11th
Tuesday September 25^h
Tuesday October 9th
Tuesday October 23rd
Tuesday November 6th
Tuesday November 27th
Tuesday December 11th
Tuesday January 15th
Tuesday January 29th
Tuesday February 12th
Tuesday February 26th
Tuesday March 12th
Tuesday April 2nd Tuesday
April 16th Tuesday April 30th
Tuesday May 14th

If you have any questions, please feel free to contact Miss Finch.

Sincerely,

Rachel Finch
School Counselor
Rachel.finch@asd20.org