

Announcement of New Mindfulness Meditation Sessions

Dear Students, Parents, and Staff,

We are excited to announce the introduction of new mindfulness meditation sessions at our school starting next month. These sessions are designed to help our students develop essential skills for managing stress, improving focus, and enhancing overall well-being.

Session Details:

- **Start Date:** October 15, 2023
- **Frequency:** Every Wednesday
- **Time:** 3:30 PM - 4:15 PM
- **Location:** School Library

All students are welcome to join, regardless of prior experience. Please encourage your child to participate in this valuable opportunity.

We look forward to seeing your child at the sessions!

Warm regards,

[Your Name]

[Your Position]

[School Name]