

# 'Chilled Children'

a course run by Flourishing Schools

*Improving the mental health and wellbeing  
of children and young people*

4.15-5.15pm every Thursday

from 9<sup>th</sup> January to 26<sup>th</sup> March 2020  
(excluding half term)

at Pipers Corner School



Prep school age is where the building blocks for future happiness and wellbeing are established.

This course will ...

use mindfulness to improve their focus and concentration, developing skills to self-soothe

demonstrate techniques to help children to relax and notice their thinking patterns

develop lifetime values, skills for optimistic living, and to enable emotional regulation

# \*\*\* Limited Course Spaces \*\*\*

To avoid disappointment and secure your child a place on this invaluable Chilled Children's course, please book by filling in this form and sending it on email to **info@flourishingschools.co.uk** containing the following details:

## Chilled Children Course booking form:

Your name \_\_\_\_\_  
Your address \_\_\_\_\_  
Mobile/home phone number \_\_\_\_\_  
Email address \_\_\_\_\_  
Emergency contact details \_\_\_\_\_

Your child's name \_\_\_\_\_  
Age \_\_\_\_\_ Class \_\_\_\_\_  
Any further info (SEND/nut allergy/illness) \_\_\_\_\_

## Course facilitator:

Jayne Wright - Wellbeing Educator • Tel: 07900 908704

## Payment:

Please make a bank payment of £180 for the term's course, and an additional £15 for the course booklet no later than 7<sup>th</sup> January 2020.

HSBC Sort Code: 40 06 16 Account number: 81 106252

Ref: Child's name + Piper i.e. FredBloggsPiper

☐ Please tick the box to show that you agree with the booking terms and conditions below and on the website, and that you give permission for the named child to attend every session of the 'Chilled Children' course. In ticking this form you also agree to collect them promptly at 5.15pm from the Prep Library entrance, provide a snack and water bottle and will endeavour to support your child with completing their weekly fun challenges.

**Signed:** \_\_\_\_\_ **Dated:** \_\_\_\_\_

ticking the box above will be considered an electronic signature for forms emailed

### Terms & Conditions

Please note that after the first week's taster session, that there are, unfortunately, no refunds for missed sessions. Children should be encouraged to come along ready for learning, respectful of others and prepared to stick to safety rules. Please explain that whilst they will have lots of fun during the course, they will need to have a 'can do' attitude and be prepared to be very quiet during the mindfulness meditations part of the session so everyone can enjoy the stillness and learn these skills. Please pack a snack and water for your child to have at the start of the session to maximise learning. Whilst every effort will be made to create a safe learning environment, accidents and injuries can sometimes occur. The Pipers Corner School first-aid staff will be on hand to deal with any such incident. We reserve the right to ask a child to leave the course (with a refund for outstanding sessions provided) or to cancel the course due to insufficient numbers, staff illness or unforeseen circumstances. A full refund of any outstanding sessions will be provided and you will be notified by email with as much notice as the situation allows before the course commences.

Jayne Wright and Flourishing Schools shall not be responsible for the loss, or damage, of or to any property or to any person arising from the booking of or participation in the activities or on the journey to or from the session. Please note that these classes are not professional counselling sessions. Should a child be undergoing any form of medical counselling then you are advised to check with their doctor/counsellor whether course attendance is appropriate.

We ask that children are to be collected promptly from the course and for parents/carers to work with their child to encourage fun challenges to be completed between sessions. Please note that financial penalties for late collection from the course will be incurred at the course leader's discretion.

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