

# QUEEN ELIZABETH'S GRAMMAR SCHOOL

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April 2018

Dear Parent/Carer

## Zen Zone – Year 11

I wanted to make you aware of what is available for your child this term, in preparation for their upcoming GCSE exams.

Currently, I run a weekly, lunch time 'Zen Zone' for staff which is a space to relax and unwind and I would like to extend this invitation to the current year 11s. The sessions will focus on a range of strategies and tips, from breathing techniques to promote inner calm and combat anxiety, to practical tools to aid focus and concentration. To support these sessions, I will be using sound tools (Singing bowls) which assist in deep relaxation.

The sessions will take place every Tuesday in room 207 at the start of lunch and will last for 30 minutes. Your child does not need to sign up, just turn up on the day.

I hope that the students will see the benefit of these sessions as much as my colleagues have, and I look forward to seeing them there!

Yours faithfully

Sarah Sims

**Teacher of MFL**