



Dear Parent/Guardian,

Do you feel like your child would benefit from learning some Mindfulness techniques and breathing exercises, in order to help manage emotions and reduce stress? I would love to announce that I am currently offering 6-8 week cycles of Mindfulness Small group counseling groups, via Google Meets!

So that students (both "in-person" and virtual) are not missing valuable classroom instruction time, the Mindfulness groups will be offered during virtual afternoon hours (once a week, from 2:30-3:00 via Google Meet). Students will be invited to a separate google classroom, where I will post material and google meet links weekly. The group will run once a week, for 6-8 weeks, and each group will contain no more than 10 students.

I would like to get a sense of how many students will be interested in participating (please be advised that if there is an overwhelming amount of students interested, your child may be placed in a second cycle of Mindfulness groups that will run later in the school year). In an effort to keep things as safe and as contactless as possible during the pandemic, please send an email to nfadell@ewingboe.org, by November 25th, if you are interested in your child participating. Please include your child's Name, Teacher, and "I would like my child to participate in the Mindfulness small counseling group".

After I receive responses, you will be contacted about the dates of your child's Mindfulness group. If you have any questions, please don't hesitate to contact me via email or 609-538-9800 x4110.

Kindly,
Ms. Fadell
School Counselor
Antheil Elementary School