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23rd January 2020

Dear Parent/Guardian

Re: "Pause" workshop – Soulscape January 2020

I am writing to let you know about an exciting event coming up for year 7. Soulscape will be coming into school to deliver the 'Pause' workshop.

Soulscape describe Pause as "an opportunity for young people to step outside the pressures of school, take a deep breath and simply 'be'. It's a place to reflect, enjoy quietness and peace. Classrooms are transformed into interactive zones with different themes and activities. There are opportunities to explore hopes and dreams, and let go of regrets. Young people have described Pause as ...interesting, positive, relaxing, calm, tranquil, comfortable, quiet and creative."

Students will attend the workshop for 1 hour during their form group's allocated slot, as detailed below.

Tuesday 28th January

- Lesson 1 - 7B
- Lesson 2 - 7C
- Lesson 3 - 7G
- Lesson 4 - 7L

Wednesday 29th January

- Lesson 1 - 7H
- Lesson 2 - 7S
- Lesson 3 - 7W
- Lesson 4 - 7T

If you have any questions or would like further information, then please do not hesitate to get in touch.

Yours sincerely,

Mrs V Martin
Assistant headteacher