



Holmfirth
Junior, Infant and Nursery School

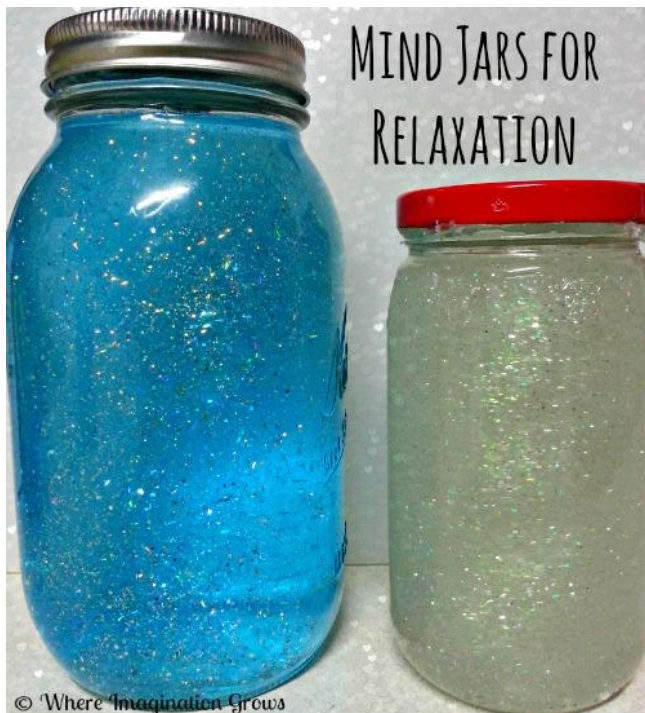
Dear Parents,

As part of our focus on well-being we are making mindfulness jars next week. Please can your child bring a jar with a tight fitting lid, this can be glass or plastic but the glass jars give the best results.

A jam jar size is ideal.

Many thanks

Karen Formby



CONFIDENCE
LEARNING
ENJOYMENT
ACHIEVEMENT
RESPECT

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