



MAHARISHI SCHOOL

CONSCIOUSNESS - BASED EDUCATION

Dear Parents/Carers

Re: School Dog and 'Walk and Talk' sessions

In addition to the extensive benefits that Transcendental Meditation and our Consciousness Based Education system brings to our pupils, we will be introducing some new initiatives into the secondary phase to help our pupils look after their mental health and wellbeing.

We will be having a dog called Molly come into the secondary phase on a Tuesday lunchtime to spend some time with the children in the playground. Molly is a miniature schnauzer and lives with Miss Cook, one of our Secondary phase Teaching Assistants. Molly will be accompanied by Miss Cook at all times and the pupils will have the opportunity, if they wish to, to interact and play with Molly. Pet therapy can help reduce stress, anxiety, and depression. It can also increase self-esteem and improve social skills. The pupils have all been told about Molly and they are very excited to meet her.

Another initiative that we are introducing is our 'Walk and Talk' sessions at lunchtimes. We are offering any pupils who would like to, the opportunity to go on a supervised walk with 2 members of staff, to the local woods. This will give pupils the opportunity to get out into a beautiful green space, clear their heads and come back to school fresh and ready for the afternoon. Pupils will be given the option to take part in the walks and they can join in whenever they want to. It is not compulsory. If you would like your child to have the option to take part in this activity, please complete the attached permission slip and return it to Mrs Walters by Monday 25th September.

Yours faithfully
Mrs Walters
Deputy Head of Secondary Phase

Headteacher: Mrs L Edwards BA(Hons), PGCE.

Tel: 01695 729912 Email: enquiries@maharishischool.com www.maharishischool.com

Cobbs Brow Lane, Lathom, Ormskirk, Lancashire L40 6JJ



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I give permission for my son/daughter.....
to go out at lunch for the accompanied 'Walk and Talk' sessions.
Signed.....
Date

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