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Date: 12<sup>th</sup> June 2023



**Education and Families**

Martin Anderson MSc, Head Teacher  
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South Commonhead Avenue  
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ML6 6NX

Dear new S1 Parent or Carer,

It was a privilege to speak to you last week here at Airdrie Academy's P7 Parents Evening.

Here is the information about our Parent Club.

We would love our new S1 parents to come along to our wellbeing session planned for you. It really is good fun at Parent Club and you will meet other parents. It is a great way to get out of the house and relax.

- Wednesday 21<sup>st</sup> June at 9.15am - 10.15am - mindfulness morning (we will try out mindfulness techniques and you will get lots of tips on how to be mindful to avoid distress and live a more peaceful life). Come to reception and we will meet you there. No creche available for this one - sorry.

Kind regards

A handwritten signature in blue ink that reads "Lynn Carlin".

*Lynn Carlin*

*Acting Principal Teacher of Mental Health & Families*

*Airdrie Academy*

*01236 632161*

