

HJH MINDFUL MONDAYS

Dear Parents/Guardians of _____,

Your student has expressed interest in joining our HJH Mindful Mondays Group. This campus club allows students to meet weekly in the library for a quiet ELT that is focused on social emotional needs. Activities include reading, journaling, art, mindful breathing, and other peaceful activities. Research has shown that mindfulness can improve attention & emotional regulation, build greater compassion, and reduce stress & anxiety. The club will be hosted in the HJH Library with Mrs. Gruen, the librarian, and will start Monday, 9/5.

The club will meet during ELT every Monday. Students who plan on attending that day's club will need to sign up for a pass before noon, and should not have any academic ELTs they need to attend (HB4545, retests, tutorials, etc). Passes are limited to 30 a day, and are given on a first-come, first-serve basis. While the library has several activities, students are allowed to bring quiet, individual activities from home (so long as they are school appropriate). The library is not liable for any damage to personal items.

Attendance is not mandatory to remain in the club but the permission slip must be returned for the student to join. If a student repeatedly signs up for an e-hall pass but should be in tutorials, they may lose the opportunity to participate in future meetings. We must keep a roster of active members for school safety. If you have any questions, my contact information is listed below.

Yes, my student _____, has my permission to join HJH Mindful Mondays.

Student ID: _____

Parent/Guardian Signature: _____

Parent/Guardian Email: _____

REBECCA GRUEN

rebeccaagruen@katyisd.org

281-236-3619

BOARD GAME CLUB MEETING TIMES & DETAILS

1. Turn in your permission slip
2. On Mondays, come to the library before noon to get an e-hall pass.
 - a. Sign up starts at 8:30
 - b. Only the first 30 get a pass, and ONLY if you don't have tutorials
3. Check in with your ELT teacher before coming to the library.

Note: If you repeatedly sign up for a pass, but don't come because you should be going to tutorials, you may forfeit your spot next time.