



MIDDLE SCHOOL

599 W 700 S SPRINGVILLE UT 84663 801.609.2400

INTRAMURAL ACTIVITY: **Meditation Club**

INTRAMURALS 2022-23 School Year

We are excited about our year of intramurals! Our Intramural calendar can be found on our school website under the Intramural tab so you can see our year at-a-glance. We will announce when each activity is about to begin and permission slips for that activity are available and you can always refer to our school website for this same information and copies of permission slips if needed. There is no cost to participate in intramural activities.

Permission slip: return the bottom portion of this note if interested in participating. Every student must have a permission slip to participate.

*****Permission slips due: Tuesday, November 1st*****

A note from the advisor: **Mr. Todd Farris**

This club is being formed for all students who are interested in developing coping skills they can use throughout their lives. Students will develop skills to help them remain calm during challenging times, learn to respect themselves and others and learn to take full responsibility for their actions and their lives. They will find it to be pretty fun and enjoyable too. We will be meeting in the gym and look forward to seeing you in the Meditation Club!

Times / Dates: **Tuesdays and Thursdays (November 1,3,8,10,15,17, 29 and December 1, 6, 8, 13, 15, 20 from 3:20-4 p.m.**

Student First & Last Name _____ Grade _____

Parent email & phone number _____

*advisors need this to share practice info and/or in case of emergency

I will make sure my student has a ride home on **Tuesdays and Thursdays (November 1,3,8,10,15,17, 29 and December 1, 6, 8, 13, 15, 20 from 3:20-4 p.m.**

Parent Signature

Date



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Dear Parents,

Below you will find some information about the club so you, along with your child, can decide if participating in the club will be both beneficial and enjoyable.

What?: The participants will be learning a meditation technique called 'Passage Meditation' where they will memorize a passage outlining positive traits they will strive to develop during their participation in the club.

Who?: This club is open to both 6th and 7th grade students attending Spring Canyon Middle School, their parents, teachers and faculty.

When?: The club will meet every Tuesday and Thursday from 3:20 pm - 4:00 pm beginning November 1 and continuing through December 20, 2022.

Where?: The club will meet at Spring Canyon Middle School in the gymnasium.

Fees and equipment: This is a free club for all participants. There will not be any required equipment as students will either sit at a desk or on a mat on the floor. However, if any participants would like to bring a cushion or pillow to sit on, they are more than welcome to do so.

About the advisor:

Todd Farris grew up in Orem, Utah and currently resides in Spanish Fork with his wife Maggie and their dog Ozzy. Todd began his meditation practice 32 years ago and is a firm believer in the benefits of meditation. He and his wife own two small businesses and Todd currently enjoys working in the school kitchen preparing and serving meals to the students at Spring Canyon Middle School. He looks forward to working with the students at Spring Canyon and helping them develop skills and tools they can use throughout their lives.

If you would like a copy of the passage we will be using, feel free to contact Todd at todd.farris@nebo.edu