



October 2020

SHEENA
TANNA-SHAH

Dear Parent/Carer



"PERFECTLY IMPERFECT MUM" by SHEENA TANNA-SHAH

As part of our School's fundraising efforts this year, we are selling the book "Perfectly Imperfect Mum" by Sheena Tanna-Shah for £8. This would make an ideal Christmas gift.

The author is a local Northampton mum with two young children, she is also a Rapid Transformation Therapy & Mindfulness Practitioner, Wellbeing Coach, Nutritionist & Optometrist.

The book is about keeping the wellbeing of a mum at the forefront, and is described as a busy mum's guide to staying mindful & thriving amid the chaos of modern life. The book is packed with mindfulness and motivation tips, simple yet nourishing plant based recipes and easy to do yoga poses to help with physical wellbeing.

If you are interested in purchasing a copy of this book please email enquiries@delapre.northants.sch.uk no later than 16th November 2020, stating how many copies you would like, we will then place an offer on ParentPay for you to pay the school (£8 per copy).

We will be ordering the specific number of books we receive orders for, the books will then be sent home in your child's book bag.

The proceeds from this sale will go towards our new MUGA, which is enjoyed by children in all year groups and benefits our whole school community.

Thank you for your continued support.

Yours faithfully

S Casey
Deputy Headteacher

