

East Hunsbury Primary School

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10th January 2018



KS1 YOGA BEFORE - SCHOOL CLUB

Dear Parents/Carers,

A new and exciting club is coming to school this January!

I will be offering a before school Yoga club for Years R, 1 and 2 (as Yoga Pebbles run a separate club on a Tuesday for KS2 and SU pupils).

The classes will be held on **Tuesday mornings from 8.15am until 9am** and will run for a 6 weekly block starting on **Tuesday 16th January until Tuesday 27th February**. Classes will cost £18 in total - all monies will go back into funding equipment and resources for the classes.

The classes will be for a maximum of 10 children and will be offered on a first come first served basis. If your child would like to join this club please complete & return the attached expression of interest slip to the main school office by Friday 12th January. If you are successful you will be notified on Monday 15th January and your ParentPay account will be updated to include the necessary fees. If you are unsuccessful this time around, a waiting list will be held and places will be offered later during the school year.

The sessions will involve teaching the children age appropriate yoga poses through fun "adventures". This will involve breathing and calming techniques, games & crafts, relaxation or meditation, guided imagery or visualisations and mindfulness techniques.

For more information on Children's Yoga please visit:

<http://www.parents.com/fun/sports/exercise/the-benefits-of-yoga-for-kids/>

As a qualified children's yoga teacher, there may be times when appropriate 1-1 contact is made between myself and a child, or a child and a friend, using

Headteacher: Mrs R Arundel



massage or pose work etc. Therefore, you are asked to complete the attached slip giving your permissions. All Yoga mats and equipment are provided, but if possible, **please purchase your child their own mat for hygiene reasons.**

Children should come to the classes dressed comfortably in warm, layered clothing and should bring a water bottle with them. I will return the children to their classes at 9am.

With many thanks for your support,

Mrs Roberts (Miss McNally)
Year 3 Leader, PSCHC Co-ordinator and Children's Yoga Teacher



**KS1 YOGA BEFORE - SCHOOL CLUB
Expression of Interest Reply Slip**

PLEASE TICK AS NECESSARY

I would like my child to take part in Yoga Classes. I understand that I will be notified separately if my child has been successful in securing a place.

In agreeing to this, I accept that at times, there may be contact between the Teacher and my child and my child and a friend.

PLEASE TICK AS NECESSARY

- I have no objection to my child being photographed for sharing purposes within school (display only)
- within school and on the school website
- within school, on the school website and on the school blogs
- within school, on the school website, on the school blogs and for promotional purposes such as: flyers, leaflets, websites

Name of Child.....

Class.....

Parents Name

Parents Signature.....

Date.....