

Headteacher - Justin Bartlett

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24th October 2024

Dear Year 5 and 6 parents/carers,

I will be running a yoga club for Year 5 and Year 6 children after half term until Christmas. The aim of this will be to teach children some basic yoga poses to improve flexibility, core strength, balance and have fun! Each session will close with 5 minutes of relaxation to practise some mindful breathing.

It will be held after school on Wednesday afternoons at 3:30 - 4:15. The first session will be on Wednesday 6th November. Children will need to bring some comfy PE clothes to change into before the session (leggings, shorts, t-shirts). Yoga mats are not essential but feel to bring one if you have it!

If your children are interested, please sign up and I look forward to seeing them there!

Namaste.

Miss Battes

