

Headteacher - Justin Bartlett

Castle Primary School
Castle Street
FAREHAM
Portchester
PO16 9QQ

www.castleprimaryschool.co.uk

☎ 02392 375324

✉ office@castle.hants.sch.uk



September 2024

Dear Year 3 and 4 parents/carers,

I will be running a yoga club for Year 3 and Year 4 children this half term. 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 Tuesday afternoons at 3:30 - 4:15. The first session will be on Tuesday 17th September. 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 via Scopay and I look forward to seeing them there!

Namaste.

Miss Battes

