



Dear Parents/Carers

Mindfulness Exercise Club

Mrs Spary is continuing to run an after school club that will involve yoga stretches, exercise and a focus on mental health. The club will be offered to children in year 1 and year 2 from Tuesday 24th September until Tuesday 10th December. After this, children from a different year group will be invited to attend. The children will need to wear their PE kit and bring a yoga mat or something similar. The club will run on Tuesday's from 3.00pm- 4.15pm starting from Tuesday 24th September. Please note, we are now charging for all clubs to cover the cost of staff and resources. The cost of this club is £25.00 for the rest of the term.

If your child would like to join this club, please complete the slip below and return it, with payment, to school by Friday 20 September at the very latest. The club can be paid via cash to the school office or via the Arbor app.

Please note there will not be a session on Tuesday 12 November due to parent consultations.

Yours sincerely

Mrs K Atkinson
Headteacher

Please complete and return to school by Friday 20 September

Mindfulness Exercise Club

Child's name Class.....

My child would like to join the mindfulness exercise club and I enclose £25/have paid on Arbor.

Signed..... Date.....