



Head Teacher Mrs L Hackfath LLB (Hons) PGCE
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September 2023

Yoga Bugz - All Years

Dear Parents/Carers,

As part of our focus on wellbeing and mental health, Mrs Jones will be delivering an after school club that will deliver yoga and mindfulness sessions to children that focuses around physical and emotional development.

The club is designed to encourage children's learning and development through a combination of storytelling, action songs, moves inspired by yoga and mindfulness- creating a calming environment where children learn whilst having fun!

This club will take place from 15.15 – 16.15 each Tuesday starting **Tuesday 12th September and finish on Tuesday 10th October.**

There are 14 spaces available and it will be on a first come first served basis. The cost will be £4.00 per session. The total for 5 sessions is £20.00.

Please visit www.scopay.com to book a place. Please enter on SCOPay whether your child is to walk home alone (year 5 and 6 only) or will be collected from school.

Thank you

Mrs Jones

