



Dear Parents/Carers

Yoga Stretches/ Mental Health Club – Year 6

Mrs Spary is running the Yoga club from Tuesday 5 March until May half term for children in year 5 and 6. Mrs Spary thought as the year 6 SATs will take place in May, it could help the children with stress etc. The club will involve yoga stretches, exercise and a focus on mental health. The children will need to wear their PE kit. The club will run on Tuesdays from 3.00pm- 4.15pm. It will start on Tuesday 5 March and end Tuesday 21 May.

If your child would like to join this club, please complete the slip below and return to school office by Friday 1 March.

Yours sincerely

Mrs M Green
Headteacher

Please complete and return to school by Friday 1 March

Yoga Stretches/Mental Health Club

Child's name Class.....

My child would like to join the yoga stretches/mental health club.

My child would like to attend the year 5 and 6 Yoga club.

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