



Dear Parents/Carers

Mindfulness Exercise Club – KS2 Spring term

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 KS2 from Tuesday 14 January until Tuesday 25th March. 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 14th January. 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 (£2.50 per session).

If your child would like to join this club, please complete the slip below and return it, with payment, to school by Friday 10 January at the very latest. The club can be paid via cash to the school office or via the Arbor app. Parents will be contacted to confirm places.

Yours sincerely

Mrs K Atkinson
Headteacher

Please complete and return to school by Friday 10 January

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Child's name Class.....

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

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