



Cogenhoe
Primary School

Cogenhoe Primary School
York Avenue
Cogenhoe
Northants NN7 1NB
Telephone/Fax: 01604 890380

Headteacher: Mrs C Oldham

October 2018

Dear Parents and Carers,

I am excited to announce that as part of our approach to implementing 'Well-Being' into our school, we have been able to secure a professional yoga teacher to come in and provide classes for children in Years 1-6 after the October half term.

Heather of 'Karma Kids Yoga Therapy' has over 17 years experience with childcare and education, and since beginning her yogic journey, knew that this beneficial practice was something she wanted to share with children.

With qualifications in both children's and adult's yoga, Heather has combined her knowledge and experience of the two courses to make approachable, practical, intuitive and fun classes for children of all ages and abilities.

Recent studies suggest that children's stress and anxiety levels are on the rise due to increasing pressures they face in schools, social media and with their peers. This class will be a space for children to learn tools that they can take with them to help create calm, relaxation and a sense of empowerment that they can use in ANY environment.

We are committed to giving our children a wide range of 'Well-Being' opportunities and feel very privileged to have Heather working in partnership with our school.

The breakfast club will take place for five weeks, on a Monday on the following dates and will cost £5 per session: **Monday 5th November, Monday 12th November, Monday 19th November, Monday 26th November and Monday 3rd December.**

The children will need to be dropped off at the main school door at 7:45am, already dressed in their P.E kit, and will finish the club at 8:30am. The children will be given time to get changed into their school uniform before being taken back to class in preparation for the register to be taken.

Please note that the club can only take a maximum of 20 pupils, so places will be allocated on a first come, first served basis. Please fill out the slip below and return in an envelope to the school office by **Wednesday 17th October.**

The total payment required for the course (cash or cheque to be made payable to: Nature's Science LTD - Karma Kids Yoga Therapy) is £25.

Many thanks,

Mrs Oldham and Mrs Reeve

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Name of child.....
.....Year.....

Payment enclosed:

Medical conditions.....

Contact number.....