

London Borough of Havering **ENGAYNE PRIMARY SCHOOL** Mrs S Sankey: Headteacher 01708 223492

February 2024

Dear Parents/Carers,

YOGA CLUB

We will be starting a <u>Yoga Club</u>, which will place on Thursday after school from 3.30 to 4.20 with Miss Williamson in the Garden Room. Yoga and mindfulness have been shown to improve both physical and mental health in school-age children improving balance, strength and endurance as well as empowering and educating. With a variety of music, books and games, we will focus on warm ups, breathing techniques and child appropriate poses.

The club is for Year 3 children and will run for two 5-week courses throughout the Spring/ Summer term with the last session being on Thursday 16th May. Spaces are limited and we will ensure all children interested take part at some point.

The first course for this club will run for 5 weeks on the following dates: 29th February, 7th, 14th, 21st and 28th March.

The second course will run on the following dates: 18th April & 25th April, 2nd, 9th and 16th May.

If your child is interested in attending Yoga Club, please return the slip by Monday 26th February.

Mats will be provided, but children are welcome to bring their own.

Please complete the reply slip below. We look forward to your replies.

Yours sincerely,

Miss Williamson

FAO Miss Williamson:

Engayne- Yoga Club on Thursday after school from 3.30- 4.20 with Miss Williamson in the Garden Room.

My child Class

Is interested in attending Yoga Club