



London Borough of Havering  
**ENGAYNE PRIMARY SCHOOL**

Mrs S Sankey: Headteacher  
01708 223492

October 2024

Dear Parents/Carers,

We will be starting a **Yoga Club**, which will take 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 Autumn/ Spring term with the last session being on Thursday 26<sup>th</sup> February. 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: 21<sup>st</sup>, and 28<sup>th</sup> November, 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> December.

The second course will run on the following dates: 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> January and 6<sup>th</sup> February.

If your child is interested in attending Yoga Club, please return the slip by Friday 8<sup>th</sup> November.

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

*A. Williamson*

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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**