



Dear Parents,

As you may be aware for the past six months I have been teaching Mindfulness and Yoga to Reception class, generously funded by the PTFA. The feedback from parents and teachers has been very positive and the children have enjoyed and benefitted from these sessions.

I have therefore decided to trial a lunchtime club on Thursdays after the Easter holidays. Sessions will be held in the conservatory and will last approx half an hour. Initially this is open to the whole school, depending on interest I may run two classes for KS1 & 2.

There is a maximum of 15 spaces which will be allocated on a first come first served basis. Classes are £3 per session payable in advance per term. The first term is 12 weeks, £36, and runs from Thurs 25 April – 18 July.

Naturally the well-being of our children is at the front of our minds and both yoga and mindfulness have been proven to have a positive effect on physical, mental and emotional health.

Benefits include improved focus and concentration, understanding emotions, learning tools to deal with difficult situations and thoughts before they become overwhelming, improved balance and flexibility, better quality sleep, reduced anxiety and depression, increased self-confidence and self-worth, learning a growth mind-set and many more.

If you would like to book a place for your child or would like to discuss any of this in more detail please do contact me. I will then be in touch with payment details.

For your background, I am CRB checked and insured. I am a qualified yoga and mindfulness teacher (more information can be found on www.therainbowwarriors.co.uk). I am a former school governor and currently help with Year 1 Forest School. I have three children, Marley, a former West Hill pupil, now at Kings, Loula in Year 1 and Darwin in Year 5.

Many thanks

Kara

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