



St. Paulinus Catholic Primary School

Inspiring all to live, learn and love in the light of Jesus.

(cf John 8:12)



9th May, 2019

Dear Parents / Carers

Years 1 - 2, After School Club : 'Mindfulness / Yoga'

I am writing to inform you that there will be an exciting new club running after school on Thursdays, with Miss Goodall, starting at 3:15 pm and finishing at 4:00 pm, commencing on **Thursday, 6th June** and finishing on Thursday, 11th July 2019.

The club will involve mindful relaxation activities such as colouring and breathing exercises. We will also explore Yoga skills and work on posture. All sessions will include fun and exciting games.

Places are limited to 12 children on a first come first served basis. All safety rules must be followed.

A P.E. kit must be worn and all jewellery removed for safety. Your child will also need a bottle of water.

If you would like your child to take part in this after school event please complete the application form titled 'Years 1 - 2 Mindfulness / Yoga (After School)' by accessing the School App, select 'More' then 'Forms'.

The App can be downloaded by searching for 'St. Paulinus Catholic Primary School' in your Apple / Play store.

Please ensure this is completed on the App no later than Wednesday, 22nd May.

Due to safety, when collecting your child from any of our After School Clubs, can I remind you of the following:

- Please wait **outside** the main reception entrance, where the group will be escorted down to reception and the door will be opened to allow you to collect them ensuring their safety at all times.
- You should not go to your child's classroom or cloakroom **for any reason**. If they have forgotten **essential** belongings (eg. coat or shoes), please speak to a member of staff. You will not be allowed to go searching for non-essential items such as reading books or homework.

A GroupCall text will be sent to you confirming your child's place no later than 4th June.

Yours sincerely

Mrs. Clayton
PE Co-Ordinator



'An outstanding school, which is deeply committed to the Catholic mission... this school inspires all within this faith community to live life to the full.' Ofsted 2017

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