



Holmfirth
Junior, Infant and Nursery School

13 September 2020

Dear Parents,

Your children's emotional well-being is really important to us and we are trying to support them in managing their emotions and feelings as they grow and develop. Yoga sessions in Year 2 is something we have carried out for a number of years, and this year it is all the more important to provide children with the skills to relax and switch off, be calm and still and feel good about themselves.

With this in mind we have arranged for Jacqui from Cocoon in Holmfirth to come in to school every other Wednesday afternoon (commencing 15 September) this half term to teach yoga to the children. I will then be following this up with mindfulness sessions. This will be carried out in line with our Coronavirus risk assessment with necessary precautions put in place.

The cost for the Yoga sessions for the term is £10.00 which is payable on ParentPay.

Many thanks for your support with this.

Joan Middleton



CONFIDENCE
LEARNING
ENJOYMENT
ACHIEVEMENT
RESPECT