

Educational Services
Director: Lyndsay McRoberts

Head Teacher: Mrs Fiona McDougall
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Date: 27 March 2023



Dear Parents and Carers,

A Yoga club will be starting on the 20th April 2023 with Miss Pepall. It will run every Thursday for 3 weeks from 3pm-3.45pm. The aim of the club is to teach children to self-regulate by using breath and movement. Yoga stretches, brain gym movements, and dance routines encourage kids to have fun while practicing mindfulness.

As it is straight after school, the children will not need to go home but remain in school until the club finishes. If your child does not have PE that day, please ensure they have appropriate clothing with them to allow them to participate. Children must be collected from the office at 3.45pm.

Please fill in the permission slip below and return ASAP to Miss Pepall.

Yours sincerely

Mary Pepall

Mary Pepall
P3 Class Teacher

P 1-3 Yoga Club

Child's Name: _____

Child's Class: _____

I give my child permission to go to Yoga Club.

My child will be collected by _____

Contact Telephone Number _____

Signature: _____

Date: _____