



12th May 2023

Dear Parent / Carer,

Enrichment Week 22nd-24th May 2023: Yoga & Pilates

Further to the notification via ParentMail, I am delighted to confirm that your child has been selected to participate in this very relaxed 3-day event.

Please be informed that this event will take place onsite, supervised by School staff. Normal break and lunchtime arrangements, as well as school buses, will remain in place. Arrival each morning must be prompt to allow activities to get underway. If your child would usually bring a packed lunch, buy from the canteen or receive free school meals, they should continue to do so as normal.

All students are to report to the Dance Studio each morning at 8:30am for registration and daily briefing.

This 3 day event will involve Yoga in its different forms – Hatha flow and relaxation styles. We also have an external Pilates teacher coming in to teach Pilates and different forms of relaxing and stress-relieving breathing. We will also be trying different smoothies and juices, as well as looking at journaling.

It will be an enjoyable and relaxing time and also help us all to find ways of dealing with stress.

The normal hours of the School day will be kept and whilst students will be allowed to be in non-uniform, the usual rules with regards to behaviour and using devices will be upheld. Lunch and break will be at the normal times and the canteen will be open as usual.

Students who have access to a yoga mat, blanket and pillow are very welcome to bring them, although these can be provided as part of the activity.

As a reminder, payment for this event is now due, via ParentMail. Please can I ask this is paid no later than Wednesday 17th May, to ensure we can be fully prepared for the event.

If you have any further questions regarding this event, please do not hesitate to contact me.

Yours faithfully,

Ms R Curness

Yoga & Pilates Event Leader

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