



17.10.18

Dear parents/carers,

Perry Hall will be running a 'Relax Kids' after school club that will be run by Stacy Mann, a trained Relax Kids teacher, for 6 weeks beginning on Monday 12th November. The children will be collected from their classrooms at the end of the school day and be ready for collection from the front office at 4.25pm. The club will run for children in Years 1-6. The cost for the 6 week course will be £21 to be paid via ParentPay.

Relax Kids is a unique method of introducing children to relaxation. It can help their concentration skills, their listening skills, their creativity skills, their self-esteem and their mental and physical health. This is completed by using a special system that we have created that revolves around elements of social and emotional aspects of learning. Children are asked to complete activities including movement, games, breathing and stretching, massage, affirmation and visualisation to achieve this target.

Pupils who are exposed to relaxation have been found to be more positive, productive and focused. In a 3 year pilot at Sylvester School in Liverpool the exclusion rate reduced from 19-0 using Relax Kids techniques. Newcastle University are currently running a study to show the effects of Relax Kids on pupil attainment.

For more information, feel free to have a look at the website www.relaxkids.com. We offer many free exercises and articles that explore relaxation that you can print out and try today!

Stacy's relax kids Facebook page is 'Relax Kids with Stacy'. Do keep up to date with any community classes taking place.

There will be limited places for the club so please complete the slip below and return to school as soon as possible.

Yours sincerely,

R Kohli

Executive Headteacher

Perry Hall Primary School

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Executive Headteacher
Miss R Kohli

Chief Executive Officer
Mrs A Cheema

National Teaching School
designated by



**National College for
Teaching & Leadership**

Relax Kids After School Club

Pupil Name:

Class:

☐ I would like my child to be part of the Relax Kids Club and have paid £21 via parentpay.

Please tick the relevant statement :-

☐ I will be collecting my child from the club:
Name & relationship

Password

☐ I am happy for child to walk home alone (Y6 only)

☐ My child will be attending After School Club

Emergency contact number:

Signed: Parent/Carer

