

Perry Hall Primary School
Colman Avenue
Wednesfield
Wolverhampton
WV11 3RT



Email: perryhallprimaryschool@wolverhampton.gov.uk
Web: www.perryhall.co.uk

Executive Headteacher
Miss R Kohli

Chief Executive Officer
Mrs A Cheema (OBE)

National Teaching School
designated by



**National College for
Teaching & Leadership**

Tel: **01902 558538**
Fax: **01902 558543**

Monday, 21 October 2019

Dear Parent/Carer,



Each Thursday, from Thursday 14th November, Relax Kids will be coming to Perry Hall Primary School and working in Year 6. A Relax Kids class incorporates 7 steps of relaxation from movement, playing games, stretches, peer and self-massage, breathing techniques positive affirmations and the session ends with a relaxation story.

The aim of a Relax Kids class is to provide your child with tools and techniques to develop their, self-esteem and confidence and to support with building their emotional resilience and concentration.

If you would like to know more information about Relax kids please speak to your child's class teacher or the Relax kids coach, who will be in school on parents evening on Wednesday 20th November.

For further information on Relax Kids please visit www.relaxkids.com

Yours sincerely,

Miss R. Kohli

Executive Headteacher

