



Monday, 21 October 2019

Dear Parent/Carer,

We will be offering an after school curriculum enrichment Relax Kids club for starting from Thursday 14th November, costing £1.50 per session running from 3.15 to 4.15pm. Children are to be collected from the school office.



A Relax Kids class incorporates some warm up exercises, self-esteem games, crafts and activities, stretches, breathing exercises, peer & self- massage, positive affirmations and ends with a relaxation exercise.

The aim of a Relax Kids club is to help develop your child's concentration, self-esteem and confidence, learn valuable mindfulness and relaxation tools to develop and support good mental health, it supports to build emotional resilience, manage anger, anxiety and stress and increases brain-power to ensure we feel happier.

If you would like your child to attend, please return to the below slip to your child's class teacher by Friday 25th October. You will be given a text to confirm your child's place in the club.

If you would like any further information about the sessions please do not hesitate to speak to school, or alternatively the Relax kids coach will be in school on Parents Evening on Wednesday 20th November.

Kind regards

R. Kohli

Executive Headteacher

Perry Hall Primary School
Colman Avenue
Wednesfield
Wolverhampton
WV11 3RT



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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**

Relax Kids Club

Name.....

Class.....

Emergency Contact Number.....

I can confirm that I will be collecting my child from Relax Kids at 4.15p.m.

**Name &
relationship**.....

Password.....

Signed.....
Parent/Carer

Date.....

