



19th October 2021

Dear parents/carers,

We are delighted to inform you that Relax Kids will be staying with Perry Hall Primary School for the remainder of the school year as an extra-curricular activity.

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 them with building their emotional resilience and concentration. For further information on Relax Kids please visit www.relaxkids.com

The Relax Kids after school club will run as follows for the remainder of the year:

Autumn 2 Term (from Thursday 4th November – Thursday 9th Dec): Year 1 will have the opportunity to continue attending this club, with Year 2 children also having the opportunity to attend too. If you would like your child to continue attending (Y1) or join this after school club (Y2), please contact your year group's email address before we return to school on Tuesday 2nd November.

Spring Term: Years 3, 4 and 5 (dependent on numbers this may need to be split in to two groups for each half term); more details to follow before the Christmas break.

Summer Term: Reception; more details to follow before the Easter break.

Each Relax Kids session is £2, made payable via ParentPay.

We look forward to your child enjoying this beneficial club that complements our school ethos of supporting our pupils' mental health.

Kind regards,

Mrs C Gibbins
Head of School



Relax kids Classes

relax Kids

Help your child:

- relax and be calm
- feel confident
- focus and concentrate
- be imaginative
- develop creativity
- sleep better



Classes Include:

- movement and dance
- drama games
- stretching exercises
- self/peer-massage
- breathing exercises
- positive affirmations
- mindfulness and relaxation



Give them tools for life!

www.relaxkids.com

relaxation classes, books and CDS

MOVE — **PLAY** — **STRETCH** — **FEEL** — **BREATHE** — **BELIEVE** — **RELAX**