



30th November 2018

Dear Parents/Carers,

As part of the Lichfield Inclusion Team we have been offered some taster sessions with Relax Kids, these sessions are for children in Years 5 and 6 and they will take place in the school day. The sessions are for 1 hour and will be Thursday 6th and 13th December 2018.

Relax Kids is fun with a serious learning objective. Children learn how to feel calm, relaxed and focussed and build up their self-esteem, concentration, confidence and resilience. It is for all children, of all abilities, so that these skills can be learnt, to support them now and in later life too.

Classes follow an award winning 7 step programme of games, stretching, peer and self-massage, breathing exercises, discussion and deep relaxation, all based on the principles of yoga, meditation and mindfulness. You can find out more information about Relax Kids at www.relaxkids.com

Our Relax Kids coach, Nicki Hamilton, holds an Enhanced DBS Certificate and public liability insurance and her website is www.calmcareers.co.uk

As a school, we really believe that our students will benefit from these sessions and will be able to use the tools they learn in school, at home and in all areas of their lives. Our children and young people's mental health and wellbeing is just as important to us as their academic abilities and achievements and we are really pleased that we have the ability to offer our pupil's this learning opportunity.

Yours sincerely,

A handwritten signature in black ink that reads 'Grainger'.

Mrs G Grainger
Headteacher

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