



# The James Oglethorpe Primary School

Ashvale Gardens

Upminster

Essex

RM14 3NB

**Headteacher: Mrs H Durrant**

**Telephone: 01708 225202**

*from tiny acorns to mighty oaks*

**Email: [office@jamesoglethorpe.havering.sch.uk](mailto:office@jamesoglethorpe.havering.sch.uk)**

15<sup>th</sup> December 2021

Dear parents,

We are delighted to advise that we continuing with 'yoga' in our after school club programme. This is being offered to years 1-6 and will run on a Tuesday after school from 3.15pm to 4.15pm. It is being provided by Heartfelt Yoga, who are specialists in yoga for children and teenagers.

Yoga is a great exercise for all. It has been shown to help with physical fitness developing flexibility, strength, balance, posture, co-ordination and body awareness. With each physical movement yoga gives attention to the breath reminding children how to breathe properly, expand lung capacity and improve endurance. But as well as exercising their bodies children also learn how to relax, with yoga teaching them how to take a few moments from the busy and hectic pace that is life to simply breathe, relax and be calmer.

The after school club will run for 10 weeks from week commencing January 10<sup>th</sup> until 28th March, with no class during half term or on **March 8th**. Please complete the attached form and return with a cheque for £50 made payable to Heartfelt Yoga to secure a place for your son or daughter. Should this after school club be very popular places will be allocated on first come basis. The club will only run if minimum numbers are met.

Children should change into their PE kits for this club but do not need trainers/ plimsolls. All equipment is provided. Please collect your son/ daughter promptly at 4.15pm.

Yours sincerely

**Heartfeltyoga**

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Please return this form to the school office with cheque for £50 made payable to Heartfelt Yoga in an envelope addressed to Heartfelt Yoga. (Please note part payment of £25 with remainder payable January term is acceptable.) Alternatively you can pay using Paypal to [Heartfeltyoga@outlook.com](mailto:Heartfeltyoga@outlook.com) reference child's name and school year. Please return enclosed slip still.

Child's name: \_\_\_\_\_ Class: \_\_\_\_\_

**Contact details for Tuesday's:**

Name: \_\_\_\_\_ Relationship to child: \_\_\_\_\_  
Contact phone number: \_\_\_\_\_ Email: \_\_\_\_\_

I \_\_\_\_\_ give permission to The James Oglethorpe Primary School to share medical details for my son/daughter \_\_\_\_\_ with Heartfelt Yoga for the purposes of teaching yoga. Please provide any additional relevant medical information or reasons why your child is doing yoga here please \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_