



Children are at the centre of everything we do

7 September 2020

Dear Parents/Carers,

In early March we sent a letter to explain that we would be trialling Yoga sessions. Unfortunately, this was not able to take place because of the 'Coronavirus' lockdown procedures.

We are very pleased to inform you that we have been able to secure Yoga sessions for all the children on a weekly basis starting in September 2020. The sessions will be part of the children's weekly P.E lessons.

We had such positive responses from the children when they participated in taster sessions during 'Feeling Good Week' which took place in February 2020, that we wanted to extend Yoga to become part of their curriculum.

Greenway is committed to supporting children's emotional and mental wellbeing alongside their physical development and we are very excited that the Yoga sessions can now start.

Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration, sense of calmness, relaxation and emotional wellbeing improves.

We are lucky to have Maria Oliver, from Boxmoor Yoga to provide the sessions for the children. Maria is 'British Wheel of Yoga' trained and currently teaches both adults and children in her classes. Please take a look at her website for further information: www.boxmooryoga.co.uk

Each class will have the opportunity to experience Yoga sessions on a weekly basis in their year group with their class teacher present in the sessions.

We have invested school funding to purchase yoga mats for each child in a class. These will be sanitised after each session ready for the next class to use.

Kind regards,

Kai Lewis-Sports lead
Dani Roe-INCO