



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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Head Teacher: Miss T Cotchin BA(Hons) PGCE NPQH



23rd March 2022

Dear Parents/carers,

William Harding School are excited to offer a Yoga club for Reception children to take part in over 6 weeks in the Summer term – 3 weeks in the first half and 3 in the second half. During this club, we will use Yoga coaching videos to practise our Yoga poses and talk about how Yoga can help us to feel calm and practise mindfulness.

The club will be run by Miss Hubbard and will take place on Mondays after school between 3.30 and 4.00. The first session will take place on Monday 9th May. The last session will be Monday 20th June. The children will be dismissed from the pedestrian gate in the main carpark at 4pm.

Please note: there will be a limit of 20 places and these will be issued on a first come first served basis.

Children need to bring a pair of trainers to change in to (please note: these need to be separate to the trainers they have in their PE kit) and bring along their water bottles and inhalers (where required).

To register your child into the Yoga club, please fill in the relevant details by following this link <https://forms.office.com/Pages/ResponsePage.aspx?id=nJZ7rxRvMkSMhjRlKXigP43q0Qq1oBDkTDf8zeEjIRUMVYxVU1YN1IBTjAyV0QzV1M1MjExQVVMUC4u> by Tuesday 26th April.

We look forward seeing your child at Yoga club.

Yours sincerely,

Miss Hubbard

Reception lead teacher

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

