



Relax Kids After School Club

Dear Parents/Carers,

We are offering an after school club for Year groups 1 – 6 every Thursday from 3.15pm – 4.15pm. The club is called 'Relax Kids' and its aims are to help children be calm and confident. In each Relax Kids session, your child will learn effective ways to feel happy, peaceful, resilient and mindful. The club will incorporate movement, stretching and breathing exercises, as well as simple peer-massage and self-esteem games and relaxation exercises. The Relax Kids program is designed to help develop your child's concentration, creativity and self-esteem.

The classes will be taught by Clair Doncaster who is a qualified Relax Kids coach. The cost will be £5 per session, paying for the half term in advance. The number of places available is limited and will be on a first come first served basis.

We are anticipating a high level of interest in the program, so please return the form below to the school office, along with payment, as soon as possible.

For more information on products, exercises, articles and tips, please visit:

www.relaxkids.com or contact Clair Doncaster relaxkidsberkshire@gmail.com

Many Thanks.



Relax Kids After School Club



(Meadow Vale Primary School)

I would like my child to attend the Relax Kids after school club, starting on Thursday 26/04/19 for 5 weeks.

Child's name:

Class:

Parent's Name:

Parent's contact details:

Please list any relevant medical conditions:

Please enclose £25 (or email relaxkidsberkshire@gmail.com) to secure a place.

Parent / Guardian Signature:.....