



St. Bernadette's Catholic Primary School

Grand Ocean Boulevard, Port Kennedy, W.A., 6172
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Principal: Mr Steve Gibbs

Dear Parents/Guardians,

In Term Two I will be offering an after school yoga class for Lower Junior students in Years 1-3. It will take place in the school library each Monday, from 3.15pm -4.15pm. The class will commence in Week 2, on Monday 1st May. Suitable clothes for the class include the school sports uniform or any loose, comfortable clothing. Yoga is best done with bare feet. A mat, or blanket for cover, is optional.

Children's yoga is fairly energetic and has many benefits for children, including improvements in co-ordination and physical fitness. It also enables children to develop self-regulation strategies, for dealing with daily stresses. However, the main goal is for the children to have fun, in a non-competitive environment.

Please complete the form below if your child is interested in joining the class. Remember places will be limited and given on a 'first come' basis. I would also welcome some parental help for supervision purposes.

Many thanks,
Carole Schofield

I give permission for my son/daughter

..... to attend the after
school yoga class.

Signed.....