



Yaxham Church of England (VA) Primary School
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Headteacher: Mrs Jennie Müller
Chair of Governors: Mrs Claire Sullivan

Tuesday 12th February 2019

Relax Kids After-School Club

Dear Parents and carers,

After the February half-term we will be running an after school club called Relax Kids.

The posters on the reverse of this letter explain what our Relax Kids club is all about.

Relax Kids club will be running on a Tuesday 3:15-4:15. The first session will be on Tuesday 26th February.

There will be a maximum of 12 spaces available so if you feel that your child would enjoy and benefit from these sessions please return the slip below ASAP. At the Easter holidays we will give a new group of children the chance to join if there has been interest from more than 12 people.

Kind regards

Miss Watson

Child's name:.....

I give permission for my child to attend Relax Kids after-school club on a Tuesday 3:15 – 4:15, commencing 26th February 2019.

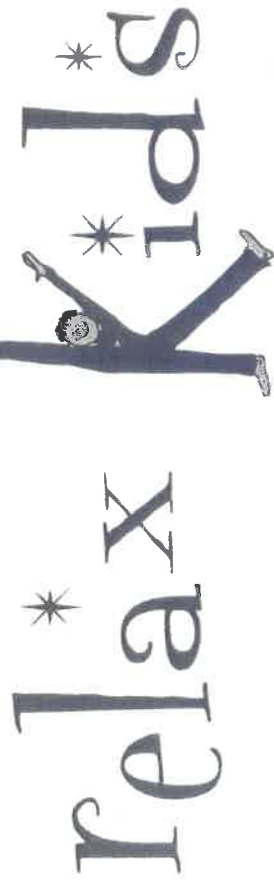
Parent's name:.....

Signed:.....

Date:.....

creating calm confident kids

Award Winning*



mood regulation **concentration**
listening skills **attention span**
confidence **self-esteem**

Relax Kids classes use research-based techniques to help children recognise their strengths and manage their emotional journey through life. These techniques provide a toolbox of skills which can be transferred into later life. Relax Kids sessions can be adapted to meet school requirements.

Relax Kids classes help:

- Improve concentration and memory retention
- Improve self-confidence and self-esteem
- Develop resilience
- Stress and anxiety management
- Develop self-awareness and the ability to self-soothe
- Improve sleep

Relax kids Classes include:

A range of relaxation exercises, including breathing exercises, positive affirmations, stretches, peer or self-massage, visualisations, guided meditation, mindfulness and deep body relaxation.

"The children thoroughly enjoyed the sessions and always looked forward to subsequent sessions. Cover teachers commented on an improvement in the behaviour of the class as a whole. By the third session (of 6), there was notable improvement in their ability to lie still and relax. The children were very excited about the various activities, especially the massage and the visualisation." - Class teacher, year 4

www.relaxkids.com

*The Relax Kids system was used in an NHS program that won the Nursing Standards 2011 Mental Health Awards



Relax Kids Classes

relax Kids

Help your child:

- ★ relax and be calm
- feel confident
- focus and concentrate
- be imaginative
- develop creativity
- ★ sleep better



Classes Include:

- movement and dance
- drama games
- stretching exercises
- self/peer-massage
- breathing exercises
- positive affirmations
- mindfulness and relaxation



Give them tools for life!

www.relaxkids.com

★ relaxation classes, books and CDs

