YAXHAM SCHOOL

Yaxham Church of England (VA) Primary School
Clint Green, Yaxham, Dereham, Norfolk, NR19 1RU
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Headteacher: Mrs Jennie Müller
Chair of Governors: Mrs Claire Sullivan

Wednesday 6th 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.

We would like to invite you to join us for a Relax Kids parents' workshop at 9am (for 45 minutes) on Tuesday 12th February. This will allow anyone who is interested to see some of the activities the children would take part in and ask any questions.

We will be able to confirm the day that the club will run within the next week.

We look forward to seeing some of you there!

Kind regards

Watson

Miss Watson

creating calm confident kids

relax 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

Relax Kids established 2000

*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

MOVE — PLAY — STRETCH — FEEL — BREATHE — BELIEVE — RELAX