



**Chenies School
Chenies
Hertfordshire
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4th April 2019

Dear Parents/Carers of Pegasus Class

As you know Pegasus class have now completed their swimming lessons for this year. I am pleased to tell you that instead of swimming next term we will be offering the children the opportunity to find out more about equestrian activities. They will be attending five sessions at Woodville Stables, which is a part of our local community and just a ten minute walk from the school. Mrs Carrie Allen has been successfully running equine therapy groups at the stables and in schools for many years and I have worked with her to organise a bespoke programme for the children at Chenies, which I am sure will be of great benefit to them.

The children will not be riding but will instead have the opportunity to experience some of the activities listed below, all of which are designed to allow pupils to work safely and develop skills through handling the ponies.

Grooming - this allows the students to get to know the horses and learn how to be calm and quiet around them.

Leading - a popular activity that requires the handler to be confident and show leadership skills. This is a great exercise for developing spatial awareness.

Equine husbandry - caring for the horses basic needs.

Feeding - understand the importance of a good diet.

Horse Anatomy - points of the horse and understanding the horse's senses.

Stable management - learning the difference between looking after stable and grass kept horses.

Approaching and catching a horse - this encourages the handler to be quiet and calm to approach the horse safely.

Picking out the horses feet - develop a partnership between horse and handler.

Horse body language - learn to read the horse's mood.

Emotions and personalities of the horses - understanding that horses like people have different personalities and how this is expressed.

As well as the physical exercise this opportunity will provide for the children there are also recognisable benefits of using this approach to children's emotional well-being. We are hoping that it will contribute to the children developing: confidence and self-esteem, leadership skills, the ability to control their own emotions and an understanding of how they can manage anxiety as well as gaining pleasure from being around the horses and being outdoors. The use of ponies works extremely well because ponies behave similarly to human beings in their social and responsive behaviour, therefore it is easy for children

behaviour, therefore it is easy to establish connections with them.

The children will attend in their year groups, on a Tuesday morning between 11am and 12pm with Mrs Powell and Miss Hawkins, while the year group left behind will be taught by Mr Furcovi.

The children will need to bring wellingtons or sturdy boots to change into before we leave school.

The children will attend from 11am-12pm on the following dates.

Year 3	Year 4
Tuesday 30 th April	Tuesday 18 th June
Tuesday 7 th May	Tuesday 25 th June
Tuesday 14 th May	Tuesday 2 nd July
Tuesday 4 th June	Tuesday 9 th July
Tuesday 11 th June	Tuesday 16 th July

Please could you return the consent slip to the school office by Thursday 25th April.

If you require any further information, please do not hesitate to contact me.

Suzanne Powell
Head teacher

Consent Form for children to attend equestrian activities.

CHILD'S
NAME _____ **DATED** _____

I give consent for my child to attend the equestrian activities at Woodville Stables.

I do not give consent for my child to attend the equestrian activities at Woodville Stables.

SIGNED _____

DATED _____