



## CHILDREN'S YOGA & MINDFULNESS with Vicky

VICKY MATHER BSc (HONS) PGCE  
Specialist Teacher and Yoga Practitioner  
cymwithvicky@gmail.com  
07919 350 977

Dear Parents & Carers

### A GREAT WAY TO START THE DAY!

I am happy to be continuing the before-school yoga club at Seaford Primary School on **Wednesday mornings** for years 1, 2, & 3, and **Thursday mornings** for years 4, 5, & 6. The sessions will be **8.10am-8.40am**, beginning **Wednesday 18<sup>th</sup> September** and **Thursday 19<sup>th</sup> September**, running for 6 sessions until the half-term break. It is fine if you would prefer your child to start the following week (25<sup>th</sup>/26<sup>th</sup> September) and attend 5 sessions paying accordingly.

The sessions will give children a fun opportunity to explore yoga and mindfulness through movement, games and music. Yoga and mindfulness promote a healthy lifestyle and support children's emotional health and well-being in a number of ways. Research has shown that children's yoga and mindfulness can:

- Help to reduce stress and anxiety;
- Increase confidence and self-awareness;
- Improve concentration and focus;
- Develop children's understanding and management of emotions;
- Help with balance, co-ordination and body awareness;
- Increase flexibility and strength;
- Develop skills that are essential to children as learners, such as perseverance and resilience;
- Give children a deep sense of connection: with themselves, with others and the wider world.

The cost is £4 a session, (£24 for 6 sessions/£20 for 5 sessions) payable in advance until half term. If you would like a place for your child please complete and return the attached registration form with your payment to the school office. The places are available on a first-come first-served basis. Space is limited to 10 children.

Your child should wear their usual school top with leggings/joggers, and bring their school trousers/skirt/dress to change into at the end of the session.

I may like to take some photos of the children participating in the sessions. These may be used at Seaford Primary School, for example in a display. In addition, I would like to use some of the images for my marketing, such as on fliers, internet and social media. I recognise that the welfare of the children taking part is paramount and it is my responsibility to take, share, use and store images of children safely. No children's names will be used. Please would you complete the relevant sections on the form to indicate your preferences regarding the photographing of your child.

If you have any questions please do not hesitate to contact me. I look forward to hearing from you!

Best wishes

Vicky Mather  
Specialist Teacher and Yoga Practitioner



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## Child registration form - Yoga & Mindfulness Club

Wednesday club (Y1, Y2, Y3)

Thursday club (Y4, Y5, Y6)

I enclose payment of £24 (6 sessions) / £20 (5 sessions) - *please delete as appropriate.*

I would like my child..... in class.....to attend Yoga and Mindfulness club on Wednesdays/Thursdays before school (8.10am start).

I agree to the person in charge to give consent on my behalf, should the necessity arise, for an anaesthetic to be administered or any other urgent medical treatment to be given.

I give permission for my child's photo to be used by Seaford Primary School.

I give permission for my child's photo to be used by Vicky Mather for marketing and promotional purposes including the internet and social media.

I agree to the data I have provided being securely held by Vicky Mather, in accordance with the GDPR legislation (2018).

Phone number.....

Email address.....

Please list any injuries, conditions or allergies your child may have:

Any other relevant information/concerns:

Name of parent/carer.....

Date:.....Signed:.....