



Dear Parents and Guardians,

I hope you are all well and that the children are looking forward to the Easter holidays.

I am delighted to be restarting Club Yo-Chi at Long Sutton CE Primary School from **24 April 2024**. The club will run every **Wednesday** after school.

Club Yo-Chi is an accredited **yoga-based** health programme for Primary aged children giving them essential tools for life and is now delivered in many schools across the country. It teaches children awareness of how to keep their bodies and minds healthy and is a great way of winding down after a busy day at school.

At Club Yo-Chi, your child will have the opportunity to take part in fun and dynamic activities including 'Yo-Chi' for physical well-being, drama for emotional awareness, relaxation and seasonal activities which encourage the children to stay connected with nature's cycles. Our mascot Morgan is a loveable character who takes the children on a journey through the year introducing him to the Organ Characters which help the children to learn about how their bodies work and seasonal foods.

The club will start on Wednesday 24 April 2024 at 3.15-4.30 pm

I know some of your children are already familiar with the club but in order to give every child an opportunity to try the club, I will be running this first session as a **FREE trial** for your child. If they then wish to join on a regular basis, I will invoice you for the rest of the term. The cost of the club is £7 per session. (There is a discount for siblings)

For new students, there is a one off £10 joining fee which covers the cost of their Club Yo-Chi T-shirt and booklet. The booklet includes Yo-Chi poses, Organ Characters and seasonal recipes.

If you would like your child to attend this free trial, **please fill out the form below** and attach the form to an email. I will contact you if your child has received a place for the taster.

For existing students, please just let me know if your child would like to attend the taster session and whether any information has changed including contact details.

With best wishes **Juana Garcia**

EMAIL juana.garcia@live.co.uk

Tel: 07957 695808

My child would like to attend the Club Yo-Chi free taster session on **Wednesday 24 April 2024**

Child's name:

Age:

Class:

Parent's name:

Parent's email:

Please provide us with 2 emergency contact numbers:

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I understand that attending the club may involve eating different foods.

I can confirm my child has no known allergies

My child has the following allergies

If your child carries any medication for regular or emergency use, please put this in writing and make sure the supervising member of staff is made aware.

The adult/s collecting my child after the club will be

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Signature of parent/guardian