



Dear Parents and Guardians,

### **Club Yo-Chi Seniors**

I am delighted to be continuing **Club Yo-Chi Seniors** at Long Sutton CE Primary School from **23 April 2024**. The club will run every **Tuesday** after school.

PLEASE NOTE: I NEED A MINIMUM OF 4 STUDENTS FOR THIS CLUB TO RUN

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.

**Club Yo-Chi Seniors** is designed for older children in Key Stage 2. Children will be helped to develop their emotional intelligence through drama and role play, exploring issues such as inclusion, standing up for yourself and others, the benefits of teamwork and further developing their communication skills and confidence. Seniors will be taking their Yo-Chi exercise to the next level, which will help them to maintain flexibility and core strength. Each session ends in a period of calm visualization or relaxation. The club encourages healthy eating, exercise and a greater understanding of the world around them, nature and seasonal cycles.

**The club will start on Tuesday 23 April 2024 at 3.15-4.30 pm**

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. If I already have your details, please email to confirm that nothing has changed.

With best wishes **Juana Garcia**

**EMAIL** [juana.garcia@live.co.uk](mailto:juana.garcia@live.co.uk)

**Tel: 07957 695808**

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My child would like to attend the FREE Club Yo-Chi taster session on **Tuesday 23 April at 3.15 pm**

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 .....