Dear Parents/Carers,

To ensure that the children in the Foundation Stage are encouraged to be active and develop their gross motor skills we have decided to invite YogaBugs into school. They will be delivering one hour sessions for Classes 1, 2, and 3 and half hour sessions for Nursery morning and afternoon children. These sessions will be part of the curriculum to develop the children’s physical gross and fine motor skills. YogaBugs also offers so many physical and emotional benefits including:

- Improves concentration and memory retention
- Strengthens muscles and improves flexibility
- Improves self confidence
- Releases day to day anxieties and calms children
- Develops creativity
- Supports the immune system

Classes involve fun story based yoga that contains positive themes. Good behaviour is encouraged and acknowledged during classes and children learn the benefits of forming rewarding relationships. The letter from YogaBugs explains that the children will be taking part in the Impact and Change Programme where their skills and abilities will be measured and assessed during the programme.

The lessons will be as follows:
Tuesday:
Mornings: Nursery Morning children; Classes 2 and 3.
Afternoons: Class 1 and Nursery Afternoon children
Please ensure that the children have their P.E kits in school.

The children will continue to have free access to outdoor and indoor activities every day providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement.

Yours sincerely

Mrs J Symes
Assistant Headteacher