



Codsall
Middle School

a school to be proud of



Considerate Ambitious Proud

15th October 2021

Dear Parent/ Carer

We are delighted to be able to offer your child the opportunity to take part in an after school yoga club which will be run by Arabella Robinson.

Sessions will include:

- Breathing
- Stretches
- Sun salutations to warm the body up
- Standing, seated and reclined poses to build up strength and flexibility
- Relaxation techniques

The program will begin on Friday 5th November and will run every Friday thereafter until we break up for Christmas (total of 6 sessions). The costing for all 6 sessions will be £12.50 which will need to be paid upfront via parent pay. A new session block will recommence upon our return in January, where you will have the opportunity to re book your child's attendance if you so wish. Please note that this first block of sessions is being subsidised by the school, any future sessions may increase in price.

Although this class will be managed by an external provider, behaviour expectations remain the same. Should behaviour not meet expected standards your child's place will be removed without refund of the remaining sessions.

If you would like your child to access this opportunity please pay via parent pay to confirm their place.

Please feel free to contact me at school if you have any further questions.

Yours Sincerely

M. Davison

Mrs Davison
KS3 Leader of Achievement

Codsall Middle School

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