

Dear Parents

Relax Kids classes are back!

We are excited to announce that, due to the success of last term's sessions, 'Relax Kids' classes for KS2 are continuing at Wheelers Lane Primary School this term!

The classes will be held on Tuesday lunch times (starting 21st January) for children in Years 3, 4, 5 and 6. Places are limited so will be allocated on a first come first served basis.

This term, the theme of the sessions will be **Brilliant Me** and will encourage the children to focus on their own qualities, the qualities of others and learn valuable techniques for developing their **confidence and resilience**. Each session will follow the Relax Kids 7 steps and will include a range of engaging and interactive activities designed to support children's emotional wellbeing. Sessions will include opportunities to share and discuss **strategies for managing stresses** and how to **manage feelings** with an emphasis on **positive self-talk**.

The classes will run for four weeks and can be booked as a block. A block of **4 x weekly** lunch time classes is available for **£20.00**.

To book a place for your child on these sessions, please email me at carolinenstanford@gmail.com or contact me on **07763905375**. Due to restricted numbers, spaces will be allocated on a first come, first served basis once details and payment are received. Please ensure you **book your place by Friday 17th January**. Payment can be made by bank transfer to: **Mrs Caroline Stanford** Sort Code **30-63-64** Account Number **53993260**. Please put your child's name as the reference.

Please do not hesitate to contact me with any question you may have.

Many thanks.

Caroline Stanford
Relax Kids Coach