

17 December 2018

Dear Parent/Guardian

### **Pupils' Wellbeing: Laughter Yoga Course**

In the last couple of years we have worked successfully using Laughter Yoga with KS4 pupils to provide strategies which support them during busy exam periods. As part of the school's commitment to Spiritual, Moral, Social and Cultural Education the wellbeing of our pupils is fundamental to their success and we would like to build on the success of the Laughter Yoga Club and offer your child the opportunity to take part in a five week Laughter Yoga course.

Running the course over a series of weeks will enable pupils to gain confidence, build social skills and learn how to manage their stress levels more independently. Therefore we would like to open the opportunity to all pupils to take part in this extra-curricular Laughter Yoga Club. Based on breathing exercises, games, playfulness and relaxation, the hour long sessions aim to offer ways to exercise, combat stress, socialise, have fun as well as develop a positive mental attitude.

The proposed sessions will be held every **Tuesday** in Expressive Arts from 3.30-4.30 **starting on Tuesday 15<sup>th</sup> January 2019.**

The course will be guided by qualified Laughter Yoga instructors and will be open to pupils and teachers during the coming term. The five week block will cost £5 per pupil (to cover the costs of the instructor) if paid in advance **which can be paid through Wisepay.** Pupils are welcome to drop in and pay on the door at a cost of **£1.50 per session.** Allocation will be on a first come first served basis and on a maximum class sizes of 25.

The permission slip should be taken to Miss Lillington by Wednesday 9<sup>th</sup> January 2019.

Yours sincerely

Rebecca Lillington

Associate Assistant Head

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Reply slip to be returned to Miss Lillington by Wednesday 9<sup>th</sup> January 2019.

Name ..... Tutor Group .....

Please indicate any medical condition we should be aware of.....

I give permission for my son/daughter to take part in the Laughter Yoga sessions. I enclose £5 towards the cost.

Signed .....