



Tuesday 30th October 2018

Dear Parents / Carers,

Your child has the fantastic opportunity of taking part in our Year 4 'Chill Skills' club. The club will run on **Wednesdays** from **3:15-4:30pm** throughout the second half of the autumn term on the dates listed below:

Wednesday 7th November
Wednesday 14th November
Wednesday 21st November
Wednesday 28th November
Wednesday 5th December
Wednesday 12th December
Wednesday 19th December



Chill Skills aims to give children access to a variety of simple yet effective techniques for relaxation, mindfulness and management of emotion in a fun and creative way. The club aims to encourage children to adopt a positive outlook in all situations and to face challenges with resilience and resourcefulness.

The cost of the club is £2 per session (£14 in total) and it will be run by Mrs Johnson, a trained and experienced leader of the Chill Skills programme. It would be appreciated if you could pay for the club in full on the first day, ensuring the money is sealed in a school money pocket marked with your child's name, class and after school club. Alternatively, you can make this payment using Parent Pay. Please note: refunds cannot be given for individual sessions missed.

If you give permission for your child to take advantage of this fun learning opportunity, then please complete the permission slip at the bottom of this letter and return it to the school office by **Friday 2nd November 2018.**

Thank you for your time.

Mr Hoyes
(Deputy Headteacher)

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Please tick as appropriate:

- I give permission for my child _____ in _____ Class to attend the Year 4 Chill Skills Club (autumn term 2nd Half)
- My child is registered in the school After School Club and will attend here after the club
- I will be collecting my child after the sessions, at the school entrance, at 4:30pm
- I enclose payment of £14.00 for the sessions

Signed: _____ Print Name: _____ Date: _____