

Hillarys Primary School

75 Lymburner Drive
Hillarys WA 6025
Ph: 9307 6365 Fax: 9307 8511



20 February 2017

YOGA CLASSES FOR KINDERGARTEN TERM 2

Dear Parents

As a part of our Daily Activities (Fitness) Program for Term 2, the children will participate in a five week Yoga Program. This will be conducted at school by Bettina Partridge (Yoga Health Instructor Certificate II and IV Fitness Instructor). This program focuses on strength, flexibility, concentration, attention and relaxation. With the combined fitness exercises it improves balance, posture, coordination and the development of the left and right sides of the brain. All the outcomes are clearly linked with goals we wish to achieve in early childhood education and all the staff are excited to learn and utilize the techniques required.

Yoga will commence Term 2, Week 2 for five weeks

Tuesday, 2 May:

K3 Butterfly Group: 1.00 – 1.45pm

K1 Ladybird Group: 1.45 – 2.30pm

Friday 5 May:

K2 Caterpillar Group: 12.45 – 1.30pm

All staff will be participating and supervising the program alongside Bettina. The cost of the 5 week Yoga Program is \$30 per child which should be paid by Monday, 3 April 2017.

Michelle Kalma and Kerry Bennett
Kindergarten Teachers

Please complete the form below and return it to the class teacher by the due date.

Cut here _____

Consent form: **YOGA CLASSES FOR KINDERGARTEN** **Date due:** Monday 3 April 2017

Child's full name (please print)

I give my permission for my son/daughter (Please print)
in class to participate in the Yoga Classes

Payment Options:

- I have enclosed the payment of \$.....
- OR**
- Payment has been made by **Direct Deposit*** to the
school account on (date)
- Receipt Number:

* Direct Deposit details:

Hillarys Primary School
ANZ Whitfords
BSB 016494
Account: 3408 43493

Reference:
Student's full name and class

Parent's signature