

23 September 2020

ATTADALE PRIMARY SCHOOL YOGA PROGRAM

Yoga is back for 2020! Our school has approved yoga sessions for Years K-6 to assist our students with mindfulness, resilience and positive mental health. In Term 4, Kindergarten through to Year 6 students will attend 6 sessions starting in Week 3

Yoga is a play based non-competitive activity which develops physical awareness, strength and flexibility while supporting the school's physical education and health programs. Yoga develops mental awareness which supports the Kids Matter program by developing social and emotional awareness (self-esteem, confidence and self-regulation).

Michelle Green is a very experienced and qualified yoga teacher who has put together a wonderful program for our children.

The weekly program outline is as follows:

1. content and calm
2. happy and healthy
3. grounded and grateful
4. balanced and brave
5. capable and confident
6. steady and stable



The Yoga program:

- Develops social and emotional awareness (self-esteem, confidence, self-regulation) which gives children a sense of belonging, inclusion and interconnectedness which supports teachers in the classroom
- Includes values based themes and games which support Attadale Primary School's vision
- Play based/values based classes include:
 - ✓ relaxation techniques
 - ✓ breath awareness
 - ✓ mindfulness techniques
 - ✓ physical poses
 - ✓ non-competitive games
 - ✓ guided meditation
- Is non-religious
- Is developed by an experienced, qualified and a professional yoga teacher to children. Michelle has a registered business and holds her Working with Children Check, Senior First Aid, insurance and membership of her professional body (Yoga Australia)

The cost for the 6-week program will be \$25 per student.

Please complete permission slip and make payment by Friday 23 October.

Regards,

Asiri Perera **Deputy Principal**

2020 YOGA PROGRAM

I consent to _____ Room # _____ participating in the 2020 Yoga program (6 sessions). I give permission for my son/daughter to received medical treatment in case of emergency.

I am aware that the school and its employees are not responsible for personal injuries or property damage which may occur on an excursion/incursion, unless the school or its employees are proven to be negligent.

I have enclosed payment of \$25.00

Signed: _____ Date: _____

You can print and return this form with payment, or submit digitally via eForms in Skoolbag.

ATTADALE PRIMARY SCHOOL – PAYMENT SLIP

Student: _____ Room # _____

Name of event: _____ Permission Slip attached:

Payment Amount: \$ _____ Payment Method: *Please circle*

Cash / Cheque / Credit Card / Bank Transfer/ Upfront Payment (Deduct from Account)

C/C # _____ / _____ / _____ / _____ Exp: ____ / ____

Signature of Cardholder: _____

Attadale PS: BSB 066 163 Account 0090 3316 Transfer receipt #: _____
(Please use name as reference)