

7th December 2020

School fundraising opportunity courtesy of local author to help support children's wellbeing



Do you want to be part of a new fundraising opportunity to raise much-needed funds for our school? Are you looking to explore ways in which yoga, mindful and breathing exercises and pockets of calm can be introduced to support children during tricky moments or when they're feeling overwhelmed, anxious or even stressed?

Now, more than ever, it's vital that we are supporting our children in navigating their emotions, feelings, and the changes that they are constantly facing.

As a result, first-time author, Kath Routledge has written and self-published a book 'Yasmine Yogi and Phoebe Bee'. Kath's book helps to support children by teaching them gentle yoga postures along with mindfulness & breathing exercises and a short relaxation which really builds on the work she has been doing with the children in schools and nurseries over the years. Her book is aimed at children from nursery/preschool age up to and including Year 6 (although her book has supported many adults too!), it's the perfect way to introduce yoga and relaxation, as well as supporting children in making this part of their regular routine.



Feedback from:

Rach Brydon,

Wellbeing Trainer, Calm in the Chaos



Feedback from:

Emily Jane Harbrecht,

Founder, Mind Tools for Kids

The cost of the book is **£7.99** and for each book purchased through the link below Kath will be donating 20% of the cost directly to school.

If you would like to purchase a copy of the book and support school in the process then all you need to do is buy the book using this link:

<https://bit.ly/book-CHPS>

We have set a date of Wednesday 16 December (so the book can be dropped off at school before Christmas). You will still be able to purchase the book after this date but you may not receive it until the New Year unless you are happy to collect from Kath in Oakridge (you would need to message her about this).

If you have any problems with your order please contact Kath direct by email (kath@relaxwithkath.com) or on her mobile (07989 476533)

You can find Kath over on [Facebook](#) and also on [Instagram](#)

Kind Regards

Fundraising Friends – Greenbank Campus