

# SS John & Monica Catholic Primary School

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Friday 17<sup>th</sup> December 2021

Dear Parents / Carers,

We are excited to inform you that next half-term, Year 5 and 6 will be having the opportunity to take part in a weekly yoga session, 30minutes per class.

These sessions will take place on Tuesday afternoons, so we are requesting that children attend school, on Tuesdays, in full PE kit.

A full PE kit includes:

- Black or navy tracksuit bottoms
- Yellow or white P.E. top
- School jumper / cardigan
- Trainers

Please remember your child **must** have their black PE pumps in school to change into for the yoga session. Please ensure these are marked with their name. Pumps can be left in school, in a bag, on your child's peg/ in their locker. I hope you understand the importance of this as it prevents outdoor shoes being used in our PE workspace, especially as we are seeking to keep our school as clean as possible.

Please note: Yoga sessions **begin the day we return to school (Tuesday 4<sup>th</sup> January 2022)**.

-	<u>Tuesday</u>
<u>AM</u> 9.30 – 10:30	
<u>PM</u> 1:30 – 2:30	Y5 Y6

Kind regards,  
Miss McEvoy  
PE Lead