



Dear Parents and Carers,

We are pleased to be offering award winning Relax Kids Classes at Bretherton Endowed CE Primary school. They will start on Tuesday 7th November after school for six weeks (3.15pm - 4.15pm). The costs of the classes are £30 for the six week block. The classes are for Year 2 – Year 6 on this occasion. Relax Kids is a fun way to help children develop and practise skills for life including boosting confidence and strategies for a calm and happy life. The theme we will be running is Monster Adventures and focuses on making friends with our emotions and learning to tame them!

If you would like your child to attend the classes please contact the school office to put their name down and collect a registration/ consent form which will contain details of how to make payment to confirm your child's place. Places are limited!!!!

Relax Kids classes improve:

CREATIVITY CONCENTRATION

improved sleep

SELF-ESTEEM CONFIDENCE

listening skills FOCUS

CLASSES INCLUDE:

movement and games, stretching,
peer massage, breathing exercises,
positive affirmations and visualisations.