

Headteacher  
Mrs P. Kossowicz

Telephone/Fax  
(01328) 830377



North Street  
Langham  
Holt  
Norfolk  
NR25 7DG

e-mail: office@langham.norfolk.sch.uk  
www.langhamvillageschool.com

24<sup>th</sup> May 2023

### **After School Mindfulness Pilates Club (Quartz and Jet)**

Dear Parents and Carers,

Next term we are offering an 'After School Pilates Club' run by Joanna Laurence.

Sessions will involve age appropriate movement, balancing and breathing exercises whilst exploring mindfulness. There are proven benefits to children's physical and mental wellbeing as well as being great for gross motor control, balance, strength, and tension relief, not to mention it being fun of course!

**There will be 4 sessions from 3.15 - 4.15 starting on Thursday 8<sup>th</sup> June and finishing on Thursday 29<sup>th</sup> June.**

The cost will be £4 per child for the five sessions, £16 payable to Joanna Laurence in cash or cheque. Children will need a snack and grippy socks or bare feet.

Kind regards

*P Kossowicz*  
Mrs P Kossowicz

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### **Thursday 'After School Pilates for**

**Thursday 8<sup>th</sup> June - Thursday 29<sup>th</sup> June**

I give permission for \_\_\_\_\_ (child's name) to attend the after school Club and have enclosed £

I provide my mobile \_\_\_\_\_ for the Pilates group, for the duration of the club to receive updates about sessions.

Parent/ Carer signature \_\_\_\_\_