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Headteacher - Miss S Whelan

15th November 2019

Dear Parents and Carers.

Skill opportunity for DofE

There is an opportunity for student to do Yoga and mindfulness for their skill section for their DofE Award. The sessions are likely to run afterschool on a Monday. They are run by Rochelle Parkes, a fully-qualified yoga teacher registered with Yoga Alliance Professionals, and if you would like more information her Facebook links is <https://www.facebook.com/rochelleholistic yoga/> . Rochelle will provide the mats and anything else that is required. Yoga and mindfulness can facilitate a calm, chilled out space and improve concentration.

The cost of the course will depend on the number of students who sign up but it will be no more than £60 for the 3 month set of sessions.

If you could let me know via email – t.baldwin@thornden.hants.sch.uk – if your son or daughter would like to sign up to the course. I will then let you know if there is enough interest to run the course and then a request will be made to send an online payment, which is out preferred method of payment. Any parent or carer that is experiencing financial difficulties can write in confidence to Mr. R. Collar, Deputy Headteacher.

Yours faithfully,

Mr T Baldwin
Duke of Edinburgh Manager
Thornden School