



Equip children with skills for life, promote healthy habits and life-long wellbeing

Our award-winning 7-step technique improves emotional wellbeing and self-confidence and helps children feel calm and focused.

After School Relaxation and Mindfulness club
FOR BOYS & GIRLS: YEARS 3, 4, 5 and 6

<u>Day & Venue</u>	<u>Time</u>	<u>Cost</u>
Monday Atrium	3.20 – 4.20* *NOTE finish time	£76.50 per term (£8.50 per 1 hour class)

Showing older children how to help themselves feel calm, focused and relaxed in a fun and engaging way!
Using drama, play and games, as well as relaxation techniques, these unique classes help your child develop a strong emotional tool kit preparing them for life's challenges.

About the teacher:

- Zara is a certified Relax Kids and Just Relax Coach.
- Has 'begin' Mindfulness training from MiSP (the Mindfulness In Schools Project)
- Has a CPD certificate in 'Understanding Autism and Reducing Anxieties' from AIW
- Has a BA Hons Degree in Drama and Theatre Studies from Royal Holloway College, University of London.
- Is a trained LAMDA Speech and Drama Teacher.
- Has completed an 'Emergency First Aid at Work' course at St Mary's university
- Is enhanced DBS checked with extensive Safeguarding training.
- Teaches RK and Just Relax in various primary and secondary schools across the Borough and in London, both private and state.
- Works closely with local families offering specialist 1:1 sessions.
- She runs community workshops for charities, churches and community groups
- Is an SMSP parent to Skye (11), and to Taya (13) at secondary school & Milo (20) at university.

"I don't feel stressed after Relax Kids, before it I feel worried about things"
Student, LEH Junior School

"The Relax Kids Session helped my class by promoting the benefits of self-awareness, positive energy and mostly how to relax" Teacher, SMSP

9 week term running Mondays: 14th Jan – 25th March inc (except half term & inset day 18th + 25th Feb)

I'd like my child to attend Just Relax. I enclose £76.50 in cash or via BACS: name: Z. McFadden account: 00051810 sort code: 30-94-77

PLEASE COMPLETE THE YES/NO SECTION AT THE BOTTOM OF THE FORM

Child's name _____ Age _____ Year/Class _____

Parent/Carer's name _____ Mobile _____

Email _____

Address _____

Emergency contact _____

Relevant medical conditions _____

Consent and storage of information

YES/NO Please state that you are happy for your child to give and receive a **LIGHT** massage, **fully clothed** during the session – this is a wonderful, safe, and valuable part of the Relax Kids session.

YES/NO I consent to you using my email address for any information relating to the club.

YES/NO I consent to any medical information being stored securely and safely.

This form collects you and your child's name, address and email.
To view Relax Kids Privacy Policy go to www.relaxkids.com/privacy-policy

Signature of Parent/Guardian _____

Please fill in reply slip and return to the school office. For more information email zarasimmonds@hotmail.com