

10 February 2021

Dear parent/carer

It has been known for some time that yoga is a great stress buster and superb for relaxation. With this in mind, we are having Yoga Week in school from Monday 22 February.

Date and time	Event	Who it is for	More details
Monday 22 February from 1700 to 1800	One hour yoga event via Google Classroom	Students in Years 10 to 13 and JCSC staff	Sign up at: <a href="#">Yoga 22 Feb</a>
Wednesday 24 February from 1330 to 1410	Primary yoga via Google Classroom	Students in Years 5 and 6	Part of the "flexilearning" menu for that day
Friday 26 February from 1830 to 1930	Community yoga via Zoom	Parents, carers and wider family members of JCSC students, JCSC governors and employees at Morrisons in Amble	Sign up at: <a href="#">Yoga 26 Feb</a>

We are running special sessions for our oldest and youngest students.

Parents and carers are invited to join our community yoga event on Friday 26 February and all the family can join in. This will be run via a Zoom meeting where our expert yoga instructor will have her camera on but those taking part will not – so no need to feel self-conscious! We have had a huge amount of help from Morrisons over the past few months so we are inviting them to join in too.

We will record all the meetings to allow everyone that cannot attend to take part at a time that suits them. Places are subject to availability and details of how to join the yoga class will be sent to the email address you provide. Bookings close the day before the event and can be made by clicking on the links under "more details" in the table.

If you have any questions, do not hesitate to get in touch.

Yours faithfully

Mr D Nisbet  
Head of School

Executive Headteacher: Neil Rodgers