



Dear Parent / Guardian

Relax Kids

My name is Nicky Tew and Nyland school have recently employed me to run Relax Kids sessions within the school day once a week. The class is called Relax Kids and its aims are to help children be calm and confident. In each Relax Kids class your child will learn fantastic ways to be imaginative, mindful and learn techniques to help self-regulate. The classes run for 30 minutes and incorporate movement, stretching and breathing exercises, as well as simple peer-massage and self-esteem games and relaxation exercises.

As this involves self and peer massage, we wanted to make all parents aware. All massage is done fully clothed and story/child based. The idea is that the children learn to be respectful to each other by showing kind touch. If you are happy for your child to take part in the massage part of the session, then you don't need to reply to the school. If however you have any concerns or do not want your child to take part in this part of the session then please advise Tammy.

For more information on products, exercises, articles and tips, visit www.relaxkids.com or contact Nicky Tew email tewnicky@yahoo.co.uk

Many Thanks

Nicky Tew