

5th October 2020

Kia ora Parents/Caregivers,

Yoga for Schools Information Letter

This letter is informing you that Hutt City Council's *Yoga for Schools* programme will be delivered for the students in years 4, 5 & 6 at Tawhai School during Term four.

Why Yoga?

School-based yoga offers many benefits to children and teachers and is known to have positive effects on student learning, behaviour, and performance. Yoga can enhance various aspects of health and well-being and can improve children's ability to be self-aware and manage their emotions and behaviour.

What to Expect

Students will be participating in a 45 minute yoga session delivered twice a week for 8 weeks across the term. The yoga sessions will occur in the classroom and be led by Seedling Yoga who provide experienced, qualified and police vetted instructors to deliver the programme.

The Yoga for Schools Programme has been designed to teach children how to care for their own physical, mental, social and emotional well-being. **We use a combination of functional movement and physical stretches, controlled breathing patterns and directed awareness often called mindfulness.** This is a scientifically researched and educator designed programme which respects all beliefs, cultures and religions and purposefully avoids all language that implies otherwise.

The programme teaches children the fundamentals of their muscles and how to stretch and strengthen them, how to notice and control their breathing, how to observe what different movements and emotions feel like and how we can talk about them effectively.

We respect your right as parents or guardians to choose whether your child participates in these activities and are available to discuss any questions you may have. The risks for this programme are no greater than that experienced in normal daily school activities.

Videos and Photographs

Hutt City Council will occasionally video and/or photograph the yoga sessions and may use this footage for promotional material and reporting requirements. We will follow your school's policies around visual and audio consents. It will remain the school's responsibility to ensure that children

have parental/caregiver consent to be photographed and/or videoed. If for some reason, you do not permit for your child to be photographed and/or videoed, please notify your school directly.

Evaluation Survey

At the end of the programme, we invite students and teachers to complete a feedback survey. This survey helps us to gather valuable insights on the programme and assess the programme's impact and effectiveness. Data will be used for reporting purposes and any personal information collected will remain anonymous and confidential to the Active in the Hutt team at Hutt City Council.

Permission

If you wish for your child not to participate in the Yoga for schools programme, please email/contact your child's classroom teacher and inform them.

If you have any questions regarding the programme, please not hesitate to contact us via our contact details below,

Ngā mihi Nui,

The Active in the Hutt Team

Parks & Recreation Division, Hutt City Council

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