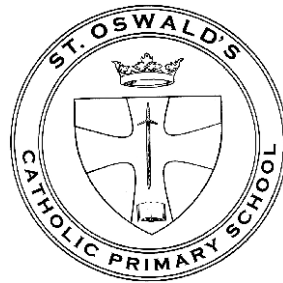




**INCLUSION**  
CHARTER MARK



International  
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# ST. OSWALD'S CATHOLIC PRIMARY SCHOOL

Email: [office@st-oswalds.liverpool.sch.uk](mailto:office@st-oswalds.liverpool.sch.uk)

[www.stoswaldsschool.com](http://www.stoswaldsschool.com)

Montague Road

**Headteacher: Mrs. M. Walsh**

Telephone:

Liverpool L13 5TE

0151 228 8436

Dear Parents / Carers

09.10.19

We would like to give you the opportunity to take part in a Yoga workshop with your children.

There are many benefits to practicing Yoga, it helps to promote confidence and wellbeing as well as improving flexibility, strength and balance. Yoga is currently offered to children as an after school activity & we feel yoga is something families can enjoy together. The workshop will introduce you to yoga and give you the opportunity to practice some postures.

The session will take place on:

**Wednesday 16<sup>th</sup> October 2019 from 9.00am - 10.00am in Infants Hall**

As always there are limited space for 20 families, places will be allocated on a first come first served basis.

Look forward to seeing you then.

Yours sincerely

Mrs Hyland & Miss McKenna  
Family Liaison Officers

Child's Name ..... Class .....

I would like a place on the Yoga Workshop on:

**Wednesday 16<sup>th</sup> October 2019 from 9.00am - 10.00am in Infants Hall**

Parents Name ..... Contact Number .....

Signed ..... Date .....



*Together with Jesus, we will Learn and Grow in Faith*

