



THE **BOURNE** ACADEMY

20 March 2019

Dear Parents/Carers,

The Academy would like to offer students in Years 10, 11, 12 and 13 the opportunity to attend a Stress Buster class which includes a combination of Yoga, Deep Relaxation and Mindfulness aimed at helping with exam anxiety and stress. The class will be run by Heart of Living Yoga with a qualified and experienced instructor and it is fully funded.

This will take place on Wednesday mornings from 8:20-9:15 in the Drama Studio, commencing from **Wednesday 27 March** and will run for 9 weeks, extending over the preparation for and duration of the examination period.

If your child wishes to attend these classes, please ask them to meet in the Drama Studio at 8.15am on Wednesday 27 March ready for a prompt 8.20am start. If you have any further questions, please do not hesitate to contact me on alison.prince@thebourneacademy.com

Yours sincerely

Mrs Alison Prince and Mrs Nicola Al-Jassar
Wellbeing Co-ordinator and SENDCo

Principal: Mr Mark Avoth

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