



Heathfield Junior School

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EXECUTIVE HEADTEACHER – Mr Paul Clayton



26 April 2019

Dear Parents and Guardians

Does your child often struggle to relax at night and get to sleep? If they do, this could be the workshop for you!

We are offering a fantastic opportunity for you to attend a series of three RNR workshops (Relax and Reconnect) with your child after school from 3.35pm – 4.15pm on Thursday 9th, 16th and 23rd May.

You will both learn a series of relaxing massage strokes which you can do prior to bedtime. We will also be discussing strategies to help aid sleep and relaxation for you both.

If you would like to attend, please sign and return the slip below as soon as possible as places are limited. We can only accommodate one parent and one child per family at this time. The workshops will be run by Mrs Peirson in Boudicca Class. We are offering this to Year 4 parents only at present. If you would like to find out more, please catch Mrs Peirson before or after school on a Thursday or Friday.

YEAR 4 RNR WORKSHOP – Return to School Office

I would like for myself.....and my child.....

In class.....to attend this workshop on the Thursday 9th, 16th and the 23rd May.

SignedParent/Guardian

Mobile Number.....