



Parkcrest Elementary School

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January 17, 2017

Yoga at Parkcrest!

Dear Parents/Guardians:

Parkcrest School is continuing our focus on social-emotional learning, specifically self-regulation, our goal is to teach students calming strategies. To support these efforts, we will have yoga teacher, Michelle Labelle, work with our students from January 30th to February 3rd. Michelle is an experienced yoga instructor and you can learn more about her on her website <http://michelelabelle.com/>.

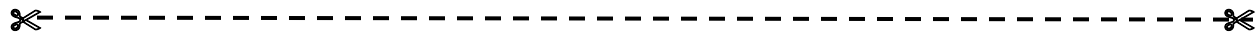
Our Central Nervous System (CNS) is composed of the brain and spinal column and all our thoughts that flow from the mind, every action and emotion that we experience flow through the CNS. The CNS controls what response our body will have to stressful situations, including feeling anxious. The main focus of the yoga lessons will be for students to learn strategies that can be used when they have these anxious feelings.

Each class will participate in yoga all five days and we would also like to invite parents and staff to come for a class every morning. These community classes will start at 8 am on Monday, January 30th, Wednesday, February 1st and Friday, February 3rd. There will be a \$5 drop in fee for these classes and participants are asked to arrive between 7:50 and 7:55 am. Babysitting will be available at the school for these sessions. If you are interested in coming to morning sessions, please indicate below. Michelle will also spend two lunch hours with teachers to share strategies that teachers can use with students in the class.

The PAC has generously subsidized the yoga program and this has brought the cost down to \$7.50 for each child. Payment is to be made through the secure school cash online system at (<https://burnaby.schoolcashonline.com>). Please fill out the bottom portion of this form with the confirmation number of your payment and return to your child's teacher no later than 9:00am on Friday, January 13th. We are very excited about this program and are confident that it will be an enjoyable experience for your child.

Sincerely,

Mrs. N. Auyla



Please return this order form to the school by Friday, January 13th at 9:00 a.m.

My child (*please print first & last name*) _____ of division _____ has permission to participate in Yoga.

I have paid \$7.50 online – Confirmation # _____

_____ Participants will be coming for the morning adult session

I need babysitting for _____ children aged _____.

Parent/Guardian Signature: _____