



**PETITS YOGIS 2-12 YEARS OLD**

@ St Paul's Catholic Primary School  
Hampton Court Way, KT7 0YL Thames Ditton

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Child's Name

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Child's Class

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Date of Birth

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Class Day

Thursday

8.00-8.45am

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Name of Parent/Carer

---

Address

---

E mail:

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Contact Phone Numbers

*(at least 2 please)*

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**Please give details of:**

Any medical condition or physical challenges;

Any allergies

Fears or phobias

Any other information you feel is relevant.



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I, (name of parent/carer) .....as the Parent/Carer of (name of child) .....

confirm that I have read and accept the Yoga Club Information provided and I give consent:-

For him/her to be assisted 'hands on'

For photographs to be taken

For him/her to share the after class snack

I confirm that I am legally entitled to give consent.

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



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### **St Paul's Catholic Primary School Yoga Club Information**

As a British Wheel of Yoga (BWY) teacher, I recognize the need to ensure the welfare and safety of all young people in my yoga class, so a few things to remember please:

#### **Children:**

- ☺ Dress with a T shirt and shorts or joggers/leggings and get changed after the session into your school uniform. No shoes or socks are necessary.
- ☺ Please go to the toilet before club.
- ☺ Please be on time- The session will run from 8.00-8.45am; the children will then be invited to have a small snack and get changed back into their uniform ready for school.

#### **Parents:**

Please be aware of the following information then complete, sign and return the attached form.

#### **Safeguarding:**

NSPCC Guidelines recommend providing full information about the 'touching process' so please be aware that Yoga is 'hands on'

- ☺ The safety of your children is paramount and guidelines exist to protect them. Sometimes during yoga lessons it is necessary for me to assist the children 'hands on' to keep them safe. I will ask the child's permission before supporting/assisting them appropriately.
- ☺ At Petits Yogis we encourage awareness, caring and community. Consequently children will sometimes initiate physical affection to each other and potentially to me, in these circumstances I think it's appropriate for me to return a 'hug'.

#### **Photographs**

Sometimes we take photographs of the children during yoga. They may be used for the Yoga Club notice board and occasionally are given to the children to keep. I will take all



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steps to ensure these images are used solely for the purposes they are intended, which is the promotion and celebration of the activities of yoga for children.

### **Food**

Little children may be hungry after the session. I will offer them an organic snack (rice cake/cookie/raisins/fruit). In line with school policy they will not contain any nuts. If you prefer to provide a snack please feel free to so.

### **Sensitivities and Phobias**

Please take time to complete the attached Registration Form and include all medical conditions, physical challenges, fears or phobias. This helps me plan appropriate activities.

Should you have any concerns regarding the above or if there is anything you would like to discuss please do contact me.

Thank you very much.

Sophia Kouamé