

MILLTOWN PUBLIC SCHOOLS

Joyce Kilmer School

21 West Church Street
Milltown, New Jersey 08850-1643
732-214-2370
www.milltownps.org

William G. Veit
Principal
wveit@milltownps.org



After School Yoga Club

We are happy to share with you that a yoga club is being offered at Joyce Kilmer School. Yoga club will help your child connect to themselves. We will work on breathing exercises to help control emotional or energetic feelings. Students will move into sequences that will increase their self-confidence. Doing balancing poses will teach them to pay better attention to tasks they need to focus on. Your child will interact with other students during connecting activities. Students will also learn how to relax and quiet their mind to become more aware of over-stimulation or tiredness.

Yoga Club will be on Thursdays from 3:00-4:00. Students will be dismissed from the Gymnasium doors. Please bring a yoga mat.

There is a \$15 fee for a six week session. Checks are made payable to *Milltown Board of Education*. Send in checks with the enclosed permission slip in an envelope marked: Yoga Club/Ms. Scarduffa. After responses are received you will be notified as to which session your child will be in, starting October 5th.

Please let me know if your child is active in other after school activities so I can schedule them accordingly so they can participate in both. So, if they play basketball, I will schedule them before or after the season.

If you have any questions please feel free to email me, Ms. Scarduffa, Club Advisor, mcarduffa@milltownps.org.

Yoga Club Permission Form

Please return to Ms. Scarduffa by Sept. 22nd.

My child _____ is interested in attending the after school Yoga Club.

Their homeroom is: _____.

A phone number where I can be reached during this time is _____.

My email is _____

_____ I will be picking up my child

_____ Another adult will be picking up my child.

Name _____ Relation to child _____

Other activities my child is involved in:

Parent Signature: _____