



FOXHILLS JUNIOR SCHOOL

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Headteacher: Mrs Lucy Howe

Dear Parent/Guardian

Barefoot Coach Parent Consent Form

We are excited to offer all children in year 6, 4 x 45 minute Relax Kids sessions with Cindy White a Well-being Coach from Barefoot Coaching. Cindy is qualified and licenced to deliver this intervention. The sessions will start in January and run until the end of March on a class rota.

The Relax Kids sessions incorporate proven mindfulness and relaxation practices with positive psychology to support emotional health and wellbeing for children. The fun and structured sessions are designed to help lower anxiety, anger, and other big emotions, while boosting confidence, self-esteem, and resilience.

We are offering year 6 these sessions in the run up to SATS and transition as an endeavour to support their well-being.

If you would like to find out more about the sessions please visit Cindy's website <https://www.barefoot-coach.com/>



We will assume that all children will participate in these sessions. If you **do not** wish your child to take part please contact your class teacher.

Kind regards,

Year 6 Team

