



Summer Term - Friday 18th June 2021

# Krishna Avanti Primary School - Croydon

## Newsletter

Dear Parents and Carers,

I hope you and your families are all well. I wanted to share some information with you about key dates and events which are taking place over the coming weeks with additional details to follow.

The Townhall meeting has been planned on **Wednesday 23rd June (6-8pm)**. If you haven't already signed up to attend this important event, please do so using the following link:

[https://zoom.us/meeting/register/tJUUpcuYprjoiH9U6xdwok3KG-Fllem-ninKm](https://zoom.us/join/zoom/register/tJUUpcuYprjoiH9U6xdwok3KG-Fllem-ninKm)

We are also planning on having a mini-sports day for all years groups in school - details to follow re: timings. Please make a note of the date of 14th July in your diaries with timings to be shared in a separate letter.

Please could you dress your children in comfy clothes e.g. tracksuit (non-branded), leggings, t-shirts and hoodies or just a PE kit for International Yoga Day on **Monday 21st June 2021**. We will be holding additional activities for this. Please bring in a £1 donation as part of our fundraising to purchase additional resources for our children at KAPSC.

I hope many of you manage to join in with the free Yoga sessions kindly shared by Hridya and Ved's parents. The link to the session can be found at <https://bit.ly/3cNWDbD>. You can register for the session on: Wednesday, 22nd June, 7-8 pm BST. Once you register, you will receive a link to join the live session on "Meditation for Mental Well Being".

Have a good weekend.

Mrs Pandya

### World Yoga Day

MONDAY 21ST JUNE 2021 - ACTIVITIES  
WE WILL BE HAVING ADDITIONAL YOGA AND MINDFULNESS SESSIONS AS PART OF WORLD YOGA DAY.



### CARDIGANS & JUMPERS

Please can parents ensure that all jumpers and cardigans are labelled clearly with your child's name.

### Dates for your Diary

**International Yoga Day**  
Please come into school in your own clothes  
**Monday 21st June**

**Taster Session**  
**Drumming Workshop**  
Y1/Y2/Y3/Y4

**Tuesday 22nd June**  
**Townhall Meeting - virtual**  
6-8pm

**Wednesday 23rd June 2021**  
**Ice-lolly Sale**  
2-3pm - FoKAPSC

**Friday 25th June**

**Rath Yatra - all week**  
**Week Beg: Monday 5th July**  
**EOY Reports to parents**

**Friday 9th July**

**Meet the teacher**  
**Sports Day**  
Times TBC

**Wednesday 14th July**  
**Last Day of Term**

**Friday 23rd July**  
**Early Finish**

### Attendance and Punctuality

Our whole school attendance has been 97.2% this week which is above the national expectation. This is a great improvement!

The number of children who have been late this week has been 1.5%

Please follow us on  
**Twitter**  
**@Avanti\_KAPSC**



# SSC Information



**Name:** Jaymin Patel

**Date joined SSC, Roles & Responsibility:**

SSC member since 2015 and responsible for the school premise

**Background:**

I am a parent of a year 2 and a year 4 child. I joined the SSC to try and make improvements in our children's education and welfare. I work in the City for an Insurance company as a Business Information manager.

**An interesting fact about yourself:**

I enjoy running and have completed the London marathon in a time of 3 hours and 40 minutes.

## THE HEALTH BENEFITS OF YOGA FOR KIDS

### MENTAL

- Enhances mental processing
- Improves academic performance
- Improves concentration and focus



### EMOTIONAL

- Improves stress response
- Reduces depressive symptoms & anxiety
- Improves anger control
- Increases confidence

### PHYSICAL

- Builds strength & balance
- Enhances flexibility & coordination
- Improves digestion & sleep

### SOCIAL

- Improves peer relations
- Encourages teamwork & respect

"YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF, TO THE SELF."  
- THE BHAGAVAD GITA

## Some fun facts about Yoga!

### Did you know?

- Yoga helps to develop your child's emotional creativity. From being on the moon to the circus, the jungle and the beach. Lots of our children's yoga sessions are themed with yoga postures, songs music and sensory! Helping children be more imaginative.
- Start them early. From as young as 6 weeks our babies can embark on a journey of yoga with us. Your never too old nor too young to reap the benefits yoga brings!
- Yoga offers a whole range of therapeutic benefits to children. From helping disabilities and common infant ailments to supporting children with ADHD and autism,
- Yoga can help your child concentrate at school. Research shows that the deep breathing exercises may improve children's focus. Some schools are already introducing mindfulness into the curriculum. Concentrating on the breath or feeling a stretch teaches children to keep their minds settled and focused, preventing negative thought processes and distractions.
- Yoga helps your kids to be present. Helps them appreciate moments and think about reactions before the actions. Children are too often engaged with electronics and spend too much time staring at screens in a world dominated by social media, group chats and text messages. Yoga offers an escape from screen time and helps kids learn the importance of carving out device-free time
- Yoga helps kids focus and can help them concentrate in school. Which can lead to a better understanding of subjects and even higher academic grades.
- Meditation, breathing and mindfulness exercises of children's yoga can lead to increased concentration and mental clarity. For years, adults have experienced the positive results from yoga including reduced anxiety and increased well-being. As children's yoga grows, parents are also discovering the same benefits for kids and that yoga is a great way to have a positive impact on children.
- Yoga improves physical strength and keeps a happy heart! Happy hearts lead to longer living!! As kids learn various poses, yoga helps with balance, flexibility, strength and coordination. Other benefits to children's yoga include improved respiration, weight reduction and improved cardio and circulatory health.

We hope you've enjoyed our fun facts and the benefits of children's yoga!



## Benefits of MEDITATION

