

Children's Mental Health Week

5th-9th February 2024



During Children's Mental Health Week, we will be offering a parent and child fun yoga session to support relaxation.

The session will be held on Wednesday 7th February 3:30-4pm

If you are interested in joining us for this free family yoga session, please express your interest at admin@risepark.nottingham.sch.uk

Children will need to be aged 5+ and remain the responsibility of parents throughout the session. You will need to bring a small soft toy to the session and please be aware of your own physical ability. Take breaks if needed.

Spaces are limited so please be quick!

Please ensure you book your place by Friday 2nd February.