



WOOLGROVE SCHOOL

Special Needs Academy

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Headteacher

Mrs Lisa Hall



27/01/2020

Dear Parents/Carers,

RE: Yoga, Mindfulness and use of essential oils

Following a successful trial of using essential oils and daily yoga sessions at Woolgrove, we would like to train **staff in all classes to be able to deliver Yoga and mindfulness sessions to Woolgrove pupils on a daily basis!**

Each class will have access to:

- A set of essential oils
- An oil diffuser
- Yoga movement and breathing videos to be used with the whole class on a daily basis
- New training routines linked to seasons, sounds, colours, natural elements, breathing exercises and guided meditation

Safe use of essential oils:

There is a lot of scientific evidence demonstrating the holistic effects of essential oils on people's health and mood, in particular behaviour, memory and cognitive function. A lot of research has gone into sourcing essential oils which are safe to use with children. There is a lot of contradictory information on the internet and in media. For this reason, we sought advice from the Aromatherapy Trade Council (ATC), the official body that regulates the trade of essential oils in the UK.

Following their guidance, we have selected 2 organic essential oils which come from accredited suppliers to guarantee optimum quality. These are lavender and sweet orange. Each of these oils has unique properties, which can be used with different intentions such as promoting calm behaviour, concentration & creativity or nurturing unsettled emotions.

The essential oils will be diffused in classrooms in small amounts during Yoga sessions and pupils will be monitored at all times by class staff. We will encourage the children to connect with their sense of smell and observe how they feel after a period of time.

We are working in conjunction with qualified Children's Yoga Instructors from **Happy Little Yogi** who are providing us with advice and training. For further information on the benefits of Yoga please have a look at their website: <https://www.happylittleyogi.com/about>

We trust this new initiative will have a positive impact on the children and staff of Woolgrove, enhancing their learning experience and overall wellbeing. If you have any questions or concerns, please do not hesitate to contact me at school.

Yours sincerely,

Mr Pritchard
Deputy Headteacher

