

The Edgartown School

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Dear Parents,

We are happy to report that "Yoga 4 Classrooms" is taking place at Edgartown School, thanks to a grant awarded to Edgartown School. The mission of Yoga 4 Classrooms is to empower students and educators to create positive, peaceful, productive classrooms that encourage exceptional learning and a lifetime of health and wellness. The program promotes self-awareness, self-acceptance, and self-confidence in school age children.

Yoga strategies can be used anywhere and at anytime to help increase focus, relieve stress, and maintain self-control. Our hope is that by integrating these strategies within the school day and beyond, student attention and achievement will increase, which will help students experience greater success in school.

Family Letters will be sent home/emailed and are designed to engage the entire family in the yoga and mindfulness activities shared in the classroom and serve as a guide for you and your child to discuss what he is learning in the program.

Many teachers, counselors and administrators in the district are familiar with this program, and agree that yoga activities support our objectives of promoting health and wellness, bullying prevention and literacy.

It is important to note that Yoga 4 Classrooms does not emphasize any religious perspective. The dictionary definition of religion is:

- the belief and worship of a super human controlling power, especially a personal God or Gods
- details of belief as taught or discussed
- a particular system of faith or worship

None of these definitions apply to Yoga 4 Classrooms and what your child will be doing in school. The focus is on stretching and other motor breaks, community building, breathing, relaxing, and developing focus skills...all essential elements for success in school and overall health. Student participation is optional and parents are welcome to observe and participate at any time.

Our yoga class residency is scheduled to begin on November 2, 2015. We are confident your child will be excited to share with you what they have been learning during their sessions. Just ask!

Sincerely,
John W. Stevens
Principal