



Watton Westfield Infant and Nursery School, West Road, Watton, Norfolk, IP25 6AU

<http://watton.corvuseducation.com>

Tel: 01953 882669 Email: office@westfield.norfolk.sch.uk

CEO: Mr J Adams Executive Headteacher: Mrs H Kemp

11th October 2022



Dear Parents and Carers,

I am pleased to inform you we have bought into the YogaBugs Virtual Programme for our school, and this includes access to YogaBugs videos and mindfulness techniques for you and your children.

Please see below instruction on how to access your YogaBugs Parent Portal.

We are working closely with YogaBugs in school to help all our children, teachers and parents with their mental health and overall wellbeing.

On the YogaBugs Parent Portal you will have access to Yoga and Mindfulness videos, chair yoga for you to try, along with helpful mindfulness activities and visualisations that you can use for you whole family.

The benefits of you using sessions are huge, click the link below to find out more:

<https://www.youtube.com/watch?v=Hf9H5c5q7DQ>

To register and log into your portal please click on the link below and register your details:

www.yogabugsvirtual.com

You will need to select parents and click to register as a new user. Complete the details requested and select school for the eCode type.

The eCode you need to enter is: **watton-infant-nursery-school-norfolk-2137**

** please note your access codes cannot be shared with anyone else, the school has signed a confidentiality agreement **

We hope you find these sessions beneficial. We welcome photos and any feedback to us and YogaBugs so we can see how the students and you are getting on with the sessions.

Kind regards,

Mrs H Kemp

Executive Headteacher



Registered in England & Wales No 10523505. Registered office: Manor Road, Long Stratton, Norwich NR15 2XR





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