

Message from ParentMail

Dear Mrs Miller, Bishops Down Primary School has sent you a message

Y4 Tai Chi

Dear Y4 Parents and Guardians,

In English we are reading Varjak Paw, this is about a cat that must learn to fight in order to save his family. The book focuses a lot on awareness of things around you and on meditation. To tie in with this, we have arranged for Tai Chi instructors to come in from Bidborough and teach the students some basics on Wednesday 7th March. Tai Chi is a calming exercise, and is about focusing energy. Attached is a video demonstrating exactly what Tai Chi is.

Please note there is no cost for this.

<https://www.youtube.com/watch?v=f9BFWJsrmSY&t=34s>

Elizabeth Mackie
Year 4 teacher