

Ref: DOL/dc

21 March, 2023



Dear Parents/Carers

Re: Karate Lessons

As part of our enrichment programme for all of our students, we are looking to offer a wider range of extra-curricular sporting activities.

The first course that we anticipate running are karate lessons for all students in Years 7 to 10 who would like to learn a new discipline. Karate is an excellent way for young people to learn basic self-defence, as well as developing leadership skills and encouraging self-discipline.

The course will run each term and will take place in school on Tuesdays between 3.00 pm and 4.00 pm. It will be run by Goju-Kai Karate; an external provider of karate lessons. The instructor leading the sessions will be Sensai Pete Wright, a qualified 7th Dan Black Belt, who works in the local area with various primary and secondary schools, as well as running his own Karate Dojo for many years.

Students will initially need to wear their Southchurch High School PE kit; they will have the option to purchase their own Karate Gi uniform for the sessions at a later date.

The cost of the course is £36.00 for the twelve week course. Payment must be paid in advance at the Admin Office. If your child wishes to attend but you need financial assistance to allow them to do so, please inform the school as we may be able to help with the cost.

After the first session, students will be required to pay for National Karate Insurance at the cost of £15 per year. If you would like to purchase the Karate Gi uniform, this can be purchased with the insurance at a combined discounted rate of £60.

A free karate taster session for all students in Years 7 to 10, who have expressed an interest to participate will be available before they commit to the full twelve week course.

Places are limited, therefore please complete and sign the permission slip below if you would like your child to attend the taster session with a view to participating in the full course. Please also advise us on any medical conditions of which we need to be aware.

If you have any further queries, please do not hesitate to contact either myself or Mr Webster at the school on 01702 900777.

Yours faithfully

Mr D O'Leary
Pupil Premium Lead

Tel: 01702 900777

Email: info@southchurchschool.com

Website: www.southchurchschool.com

Southchurch High School, Southchurch Boulevard, Southend-on-Sea, Essex. SS2 4XA



Interim Headteacher: Mrs T Airoll

Please return to the Admin Office

Permission slip: Karate Lessons Taster Session

Student Name: _____ Form Tutor: _____

I would like my child to attend the Karate taster session

Parent/carer name: _____

Parent/carer signature: _____

Phone number: _____

Email address: _____

Medical conditions:
