

15th September 2023

Dear Parent/Carer

Self Confidence, Awareness and Defence Classes

As part of our emphasis on providing an extended curriculum that supports our community needs, we have utilised some funding to provide 'self confidence, self awareness and self defence' classes through a company called PAG Self Defence. The company has a proven record of engaging students and offering a high-quality program having previously worked with our fellow Trust school: North Cambridge Academy.

This academic year the program will focus on female students across Year 10. We hope to broaden this offer in the future, however, at this stage we have selected this particular group of students based on a perceived need.

The program will deliver a minimum of 7 hours of practical instruction to all students across 3 sessions. The sessions will be delivered in 2.5 hour blocks across an allocated term during the school day. These sessions will be delivered on a House rota, so sessions will take place in House groupings, as detailed below:

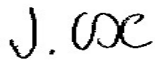
	Date	AM session 9.45am - 12.15pm	PM session 12.45pm - 3.00pm	Venue
Autumn – Term 1	Day 1 - Tuesday 19 th September	Etheldreda	Franklin	Adelaide Hall
	Day 2 - Tuesday 14 th November	Etheldreda	Franklin	Adelaide Hall
	Day 3 - Tuesday 5 th December	Etheldreda	Franklin	Adelaide Hall
Spring – Term 2	Day 1 - Tuesday 9 th January	Scott	Seacole	Adelaide Hall
	Day 2 - Tuesday 6 th February	Scott	Seacole	Adelaide Hall
	Day 3 - Tuesday 5 th March	Scott	Seacole	Adelaide Hall
Summer – Term 3	Day 1 - Tuesday 23 rd April	Turing		Adelaide Hall
	Day 2 - Tuesday 7 th May	Turing		Adelaide Hall
	Day 3 - Tuesday 4 th June	Turing		Adelaide Hall

On these days students taking part in the sessions will be permitted to attend college in their full PE kit and depart in their PE kit. There will be no requirement to change as part of the college day. Provision to do so will be made available if students so wish. A drinks bottle and snacks are recommended as there will be a practical element to all sessions. Due to timings students taking part in the program will only have access to one whole college break opportunity.

Whilst I should draw attention to Etheldreda and Franklin students that sessions begin early next week, I will be sure to send out reminders prior to the session to each of the groups of students involved. It is expected that students are on time and attend the sessions promptly in Adelaide Hall.

If you have any questions regarding the delivery of the program, then please don't hesitate to ask. We hope that you recognise, as we do, that this program offers a valuable opportunity to develop key skills and confidences in your child.

Yours faithfully

A handwritten signature in black ink that reads "J. Coe". The letters are cursive and slightly slanted to the right.

Jason Coe
Assistant Principal
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