

Educate for life

Dear Parent/Carer,

We are delighted to let you know about an opportunity we have organised for our Sixth Formers, a self defence training course aimed at students who will soon be living away from home at college or university.

A vital part of equipping young people to live safely and independently is maintaining their personal safety and security. We are lucky that Defence Lab have offered to prepare a bespoke course for our students, which will take place in the school on a Wednesday at 3pm for six weeks, starting after Easter. The cost of the course will depend on the number of students who sign up, but will be a maximum of £8 per student per session. It is aimed at female students primarily, but if any male students want to participate, they are of course welcome.

The course has many benefits, including:

- Improved confidence: Empowering students to handle themselves in difficult situations.
- Mental resilience: How to deal with stressful encounters and better deal with everyday life stress too.
- Self-discipline: Encourages young people to be aware of themselves, their surroundings, and different situations, fostering a sense of self discipline.
- Physical benefits: Improves physical conditioning, including strength, coordination, reflexes, and mobility.
- Stress-relief: Releases stress and boosts mental health.

Please see their website for further information: [Self defence courses for schools & colleges in South East England | Defence Lab \(defencelabtraining.co.uk\)](http://Self%20defence%20courses%20for%20schools%20&%20colleges%20in%20South%20East%20England%20|%20Defence%20Lab%20(defencelabtraining.co.uk))

Please email info@cowesec.org if you would like to reserve a place for your child on the course.

Yours sincerely,



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