



Executive Head: Ashley Best-White
Executive Deputy Head: Kirsty Anatola

Mill Lane Site, Horsford, Norwich, Norfolk, NR10 3ES
Tel: 01603 897938
Head of School: Tanya Kirton

Holt Road Site, Horsford, Norwich NR10 3DN
Tel: 01603 898348
Head of School: Nicola Owen

Email: office@horsford.norfolk.sch.uk



7th January 2022

Dear Parents/Carers,

SESMA, a local martial arts school, and TLC (Transforming Local Communities) have been able to secure a grant from The Martial Arts Charity Trust (MACT) to deliver some Martial Arts Taster Sessions. These sessions will take place in 8 local schools during January & February.

We have secured the following taster sessions at Horsford, indicated below. Sessions will take place throughout the morning or day, with each class separately, therefore children must wear PE kits to school on the appropriate day.

17 th January 2022	Years 1 & 2	Karate
20 th January 2022	56S	Self-defence
20 th January 2022	4G	Kickboxing
21 st January 2022	3A, 3P, 4P, 56M, 56B	Y3/4 – Kickboxing Y5/6 – self defence

More information from Wayne Baker, Master Instructor, at SESMA regarding their work with schools:

“AN EXCITING NEW PARTNERSHIP WITH TRANSFORMING LOCAL COMMUNITIES:

SESMA have recently teamed up with Transforming Local Communities, a not-for-profit social enterprise, to offer Self-Defense classes to women and girls. As a social enterprise, TLC are able to secure funding for projects which benefit young people and adults in the community. By collaborating with TLC we will be able to access more training and to facilitate a range of workshops locally which will improve self-confidence, increase personal safety and promote healthier lifestyles.



OUTCOMES

MACT have asked that we report back on outcomes from the sessions. I will collate this information within the group sessions by asking the children to raise their hand if they agree/disagree with a statement, as well as asking individuals questions which prompt feedback.

COVID

With the recent government announcements with Covid and the latest variant, I wish to reassure you that SESMA and myself will continue with stringent procedures.

I will:

- Daily take a lateral test before visiting your school
- Wear a clean fresh uniform on each visit to your school
- Remain on the premises during breaks between daily sessions
- Sanitize equipment used between each class
- Regularly sanitize hands during sessions
- Keep a reasonable distance between students and myself (unless a safety situation warrants the need to be in close proximity)

I look forward to visiting your school and delivering a great fun taster session to the students.”

We look forward to welcoming Wayne into our school and hope the children enjoy the sessions.

Yours sincerely,

N.S. Owen . TJKirton

Mrs Kirton and Miss Owen - Heads of School

