



Riverside Primary School

Ferry Road, Hullbridge, Hockley, Essex, SS5 6ND

Headteacher: Mrs Claire Smith

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Friday 19th September 2025

Dear Parent/Carer,

Elite Kids' Self Defence - Taster Session

We're excited to let you know that Elite Kids' Self Defence will be visiting our school on Monday 22nd September and Monday 29th September to run a special assembly and fun taster workshops for the children.

This programme is a simple, practical way to help children build confidence, awareness and personal safety skills. During the sessions, children will explore:

- Staying alert and making safe choices
- Using their voice to call for help
- Recognising danger
- Fun games and easy self-defence drills

All sessions are led by a fully qualified, DBS-checked instructor with lots of experience teaching children.

Health & Safety

- No physical contact between children
- Instructor may use safe training aids (e.g. pads) for children to strike under supervision
- Children should wear their PE kit and trainers on the day of the workshop

Elite Kids' Self Defence provide all equipment needed

Please can your child wear their PE for the session on the following day:

Monday 22nd September	Monday 29th September
Kangaroo, Meerkat, Rhino	Koala

After the workshops, families will receive details about a free trial class at Elite Kids' Self Defence in Battlesbridge, for anyone who would like to continue.

For more information, please visit: Elite Kids' Self Defence

We're really looking forward to giving the children this fun and valuable experience

Kind regards,

Mrs Claire Smith
Headteacher

