



Riverside Primary School

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

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Tuesday 6th January 2026

Dear Parent/Carer,

We're excited to let you know that Elite Kids' Self Defence will be visiting our school on **Monday 26th January** 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 fully qualified, DBS-checked instructors with lots of experience teaching children.

Health & Safety

- 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
- We provide all equipment needed

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 Smith