



Dear Parent/ Carer

**Boxing Exercise and Skills sessions @
Chantry Academy
Summer Holiday 2021**

Your child/ children has/have told us that they are interested in coming to the activity sessions run by organisers **Catch22/ Suffolk Positive Futures** at Chantry Academy.

The boxing exercise sessions are programmed to run for one hour 11.30-12.30 for four weeks on Thursdays and Fridays 29/30 July, 5/6, 12/13 and 19/20 August.

Students can attend a single session, more than one or all the available sessions. The sessions provide a chance to meet up with friends, enjoy the boxing related activities on offer, including:

- Boxing technique/ combinations;
- Fitness; and
- Karate moves.

The sessions are FREE. Please note that these sessions are about enjoyment and not sporting ability.

I have attached a form which I will need parents/carers to complete before the sessions begin. The form covers common health and safety issues and food allergies and whether you are happy for your child/ children to make their own way home after the session(s) they attend.

Thanks for taking the time to read this note. We look forward to seeing your child/ children during the summer!

A blue ink handwritten signature, appearing to read "Mr Baker-Woods".

Mr Baker-Woods

Pastoral Worker (I can be found in Room 113 – KS3 Office)

