

9 January 2025

Dear Parents / Carers

### **New RGSHW after school club**

We are excited to announce a new after-school for the Spring Term 2025 in partnership with Focus Martial Arts and Fitness

At Focus Martial Arts, our mission goes beyond physical fitness; we are deeply committed to nurturing character development in students. Our ethos of Respect, Integrity, and Aspiration aligns perfectly with RGS's Character Development Ethos. Here's how our programmes contribute to these values:

- **Respect:** Our sessions emphasise respect for self and others. Students learn the importance of listening, following instructions, and showing consideration for their peers and instructors. These lessons in respect translate into improved behaviour and interactions both inside and outside the classroom.
- **Integrity:** We instil a strong sense of integrity by encouraging honesty and accountability. Through our structured activities, students understand the value of doing the right thing, even when it's difficult. This builds a foundation for ethical decision-making and personal responsibility.
- **Aspiration:** Our programmes inspire students to set and achieve personal goals. By overcoming challenges in martial arts, students learn perseverance and the joy of achieving their ambitions. This fosters a growth mindset, motivating them to strive for excellence in all areas of their lives.

### **Session Details**

- Day: Wednesdays- starting, 15th January 2025
- Time: 3:30 pm - 4:30 pm
- Location: Drama Studio, RGS

How to Secure a Place: to register your child for the programme, please [Click Here](#) to secure their spot. Spaces are limited, so early booking is recommended!

We are looking forward to seeing your child in class this term. Please don't hesitate to reach out with any questions.

Yours sincerely

Mr Dominic Clatworthy  
Director of Co-Curricular Education