



Weekly Newsletter St Cuthbert's Catholic Primary School



Week ending 2nd October 2025

Dear All

The children are working so hard and it is great to see their achievements this week!

Our buddies system is working so well with our new Reception children who now have a Y5 child assigned to them. It is lovely to see how thoughtful and kind our older children are with our new starters. We will create more opportunities to bring the buddies together throughout the coming year.

Y5 ventured on a local walk this week and learnt so much about how the high street has changed over the years. It is so important to bring their learning alive in this way and give the lessons real context.

The choir has started strong this year under the guidance of Mr Ellson. They are hopefully going to start performing at events and showcasing their talents! The PTA have kindly agreed to support the singing program and help us continue to enrich all the children's music curriculum.

It is INSET day tomorrow so the children are not in school - I hope you enjoy the long weekend and manage to spend some extra time with your families.

We will be taking part in World Mental Health Day next Friday 10th October and the children will complete activities to explore a range of themes. They are invited to wear yellow as part of the 'Hello Yellow' theme and can choose just an accessory or complete outfit!

Sunday's Gospel reading tells us that it doesn't matter how big or how small our faith is; in fact, even with faith the size of a tiny mustard seed, God can do amazing things. This is because the results don't depend on us - they depend on God.

'If you had faith like a grain of mustard seed, you could say to this mulberry tree, 'Be uprooted and planted in the sea', and it would obey you.'

Luke 17:5-6

Have a lovely weekend.

Mrs Rainbow

"We are a Catholic community, living and learning in faith. Through the Gospel values of faith, hope, trust and love, we aim to recognise individuality and enable each other to fulfil our potential"

Fair Dojo Winners:

F faith

A appreciate and articulate

I independence and initiative

R respect and resilience

This weeks' winner in Reception is **Nancy**, for always being a kind and respectful member of the class and helping her friends.

Franek in Year 1 for working really hard in his phonics sessions to learn new sounds and applying them when reading.

Telmo in Year 2 for being resilient in all his work and incredibly respectful to both staff and peers throughout the school day.

Harrison in Year 3 for showing respect in and outside the classroom, by taking turns and listening carefully – well done!

Sarah in Year 4 for showing thoughtful reflection, creating work with great effort and demonstrating fantastic RE knowledge and understanding.

Nyle in Year 5 for the value of Faith by showing kind actions of Common Good when he puts his football team before himself.

Our dojo winner this week in Year 6 is **Marion**, for being wonderfully articulate and taking part in class discussions with enthusiasm.



The Week That Was—KS1

Year R: This week, Reception have been learning about their family and how our family is a gift from God. We shared pictures of our family with the class and then made finger print pictures of the people in our family. We have also been reading the story "In Every House, On Every Street" and discussing the similarities and differences of our houses and homes. The children really enjoyed our learning about keeping ourselves safe this week, with the story of Pantosaurus. They especially enjoyed joining in with the song! The story and song will be on seesaw if you would like to watch at home.

Year 1: Year 1 had another brilliant week. In RE, we learned how to develop our relationship with God. We did this by participating in a prayer hunt. In Maths this week, we have been learning part-whole models. The children have been finding this tricky but are showing excellent resilience. In English, we have been reading Beegu and innovating our own story map. Well done Year 1!

Year 2: In Year 2 we have been understanding what it is to have Stewardship. We have brainstormed ideas in which we can care for our common home and everything in it. We also had a session of Godly play this week where we followed the story of Mary and the children listened so carefully and wondered what it would be like to be her. In English we have just started our story about Meerkat Mail where we follow Sunny trying to find the perfect home, the children really enjoyed making fact files about meerkats to help us understand Sunny better. We have been scientists this week thinking about the different properties of slime are and how corn flour slime has many different properties. In Math's we have just started our new unit of addition and subtraction which the children are fantastic at. What another wonderful week we have had, keep up the good work Year 2!

The Week That Was—KS2

Year 3: This week in Year 3, we have continued our learning journey with a focus on the CAFOD Catholic Social Teaching principles in RE, particularly human dignity and stewardship, and how these relate to the creation story. In Science, we investigated how shadows are formed and tested different materials like card, bubble wrap, and cardboard to see which would work best for making a shadow puppet. Our Art lessons took us back in time as we explored mark making and prehistoric art, creating our own palettes and discussing which colours would best suit our upcoming cave-style artwork. In Computing, we explored how network connections work by acting as computers ourselves, passing messages around the classroom to help us visualise how information travels through a network.

Year 4: Year 4 have been looking at the scripture - Genesis 18:1-15 - A Son Promised to Abraham and Sarah. We added images and written details to represent this part of the story of Abraham. We included images and details about the 3 messengers, the food and drink, the message for Sarah and Sarah's laugh and the name of Isaac. We used role play to retell this part of the story, with some fantastic acting from all of the children! In English we have been writing our very own adventure stories using the skills we have learnt over the past few weeks. The children have really been creative and written some outstanding stories. In maths we finished the unit of Place Value by rounding numbers to the nearest multiples of 1000, 100 and 10. In Science we looked at 5 frozen materials (cooking oil, cola, bubble bath, shaving foam and baked beans) and observed how the materials changed state through heating and melting. In computing we explored what the internet is made of, how devices are connected and that the World Wide Web is part of the internet that contains websites and web pages.

Year 5: In Y5 this week, RE has looked more closely at the link between the Ten Commandments and Jesus' summary of the law in Matthew's Gospel, Matthew 22: 36-40. English is a big write week and so the children have been writing and editing formal letters on a topic of their choosing. Some have used Geography and keeping the local area tidy and others have been inspired by our learning about Moses and are writing a letter to the Israelites to encourage them to follow the Ten Commandments. On Tuesday, the children enjoyed their local walk about things that have changed in Englefield Green and found items that are still in situ from times gone by, such as the trough by Bishopsgate Road. In Science, the children undertook an experiment to investigate which materials are good thermal insulators.

Year 6: Year 6 have been making thoughtful connections between faith and care for our world. In RE, they explored *Laudato Si'*, Pope Francis' call to protect our planet, and linked it beautifully to the truths revealed in the Second Creation Story — recognising our shared responsibility as stewards of creation. In Maths, the class tackled square and cube numbers with enthusiasm, using patterns and practical examples to deepen their understanding of these important concepts. Science lessons sparked curiosity as students investigated how the thickness of a wire affects the brightness of a bulb. Through hands-on experiments, they discovered that thicker wires allow more electricity to flow, making bulbs shine brighter — a brilliant way to connect theory with real-world applications!

Message from Canon Chris:

To all at St Cuthbert's,

I would like to offer a very big "thank you" for your kindness last Friday. It was lovely to celebrate alongside so many wonderful people. I loved the big card and the class cards too and the work that had gone into them. The gifts were great - you must have discovered how much I love coffee and travel, I am enjoying reading about places I have visited and those on my "wish list" too. The bottle of wine with the "This was once Water" label has been making people laugh who have seen it. The "St Christopher" keyring is already in use. The picture frame is great too. Such inspired ideas! I had some of the 60 cake that was baked for me and then shared in some more with people after the Masses, thank you Mr Farraj - it was delicious, and completely Gluten Free (of course).

After the assembly, I enjoyed my tour of the classes and was so impressed to see the new head boy and head girl in action. They were so polite and excellent ambassadors for the school. It is lovely too that I see them both weekly at Mass. I had "happy birthday" sung in a few other languages, and I enjoyed the year 6 acrostic. It was lovely to meet the new EYFS class, who seemed to enjoy the "two little dickie birds" trick. They picked up the rhyme very quickly. They shared the sign of the cross too, which they have been learning. It was also lovely to see the year 4 group on my "Friday Visit" and reflect on the theme of "covenant" with them.

I really appreciate the kindness. I am away on Monday for my ten-night holiday to France, and I look forward to seeing everyone on my return.

Best Wishes and Prayers,

Cn Chris

Month of October

This month is very special as it is the Month of the Rosary.

Family Prayer Leaf

This as set at home learning. Thank you so much for the beautiful leaves that have been sent into school. If yours is still at home you have time to bring it in for it to be placed on our prayer tree.

Rosary Beads

We have full class sets of Rosary Beads for the children to pray with every day. If your child wishes to bring in their own set from home, they are very welcome to but ensure they are labelled and understand the risk of lost, broken and stolen when bringing items in from home.

KS2 Prayer Challenge



KS2 will be praying a decade of the Rosary each day in October and travelling with Mary through the mysteries of the Rosary each day. If you wish to join in at home, the link to the website is here.

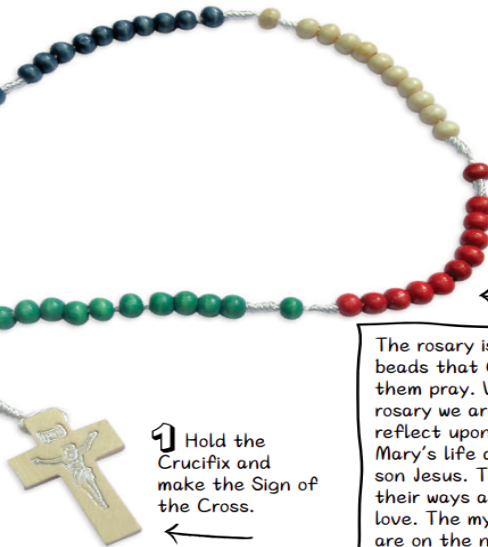
The Mark 10 Mission - The Rosary Challenge

Break Time prayer group

Our prayer leaders will be taught how to lead on the Rosary and will set up a break time prayer group on Mondays. We look forward to spending time in Our Lady's prayer garden to spend some quiet time with her.

How to pray the Rosary

- 6 On the bead before the next decade say the Glory Be and Our Father.
- 5 On each of the ten beads now say a Hail Mary.
- 4 On the fifth bead say the Glory Be. Keep hold of this bead and begin the first decade of the rosary with the Our Father.
- 3 On the next three beads say one Hail Mary.
- 2 Hold the first bead and say the Our Father.
- 1 Hold the Crucifix and make the Sign of the Cross.



This is a Mission Rosary. The coloured beads help us to pray for our sisters and brothers around the world.

The rosary is a special set of beads that Catholics use to help them pray. While we're saying the rosary we are encouraged to reflect upon the 'mysteries' of Mary's life and the life of her son Jesus. This helps us to follow their ways and grow in faith and love. The mysteries of the rosary are on the next page.

The Mysteries of the Rosary

The Joyful Mysteries

- The Annunciation (Luke 1:26-38)
- The Visitation (Luke 1:39-45)
- The Nativity (Luke 2:1-7)
- The Presentation (Luke 2:22-35)
- The Finding in the Temple (Luke 2:41-52)

The Sorrowful Mysteries

- The Agony in the Garden (Mark 14:32-42)
- The Scouring at the Pillar (Mt 27:15-26)
- The Crowning with Thorns (Mt 27:27-31)
- The Carrying of the Cross (John 19:15-17)
- The Crucifixion (Luke 23:33-38, 44-46)

The Mysteries of Light

- The Baptism of Jesus (Mt 3:13-17)
- The Wedding Feast at Cana (John 2:1-12)
- The Proclamation of the Kingdom (Mark 1:14-15)
- The Transfiguration (Luke 9:28-36)
- The Institution of the Eucharist (Mt 26:26-29)

The Glorious Mysteries

- The Resurrection (Mt 28:1-8)
- The Ascension (Acts 1:6-11)
- The Descent of the Holy Spirit (Acts 2:1-12)
- The Assumption (1 Thessalonians 4:13-19)
- The Coronation of Mary, Queen of Heaven (Revelation 12:1, 14:1-5)

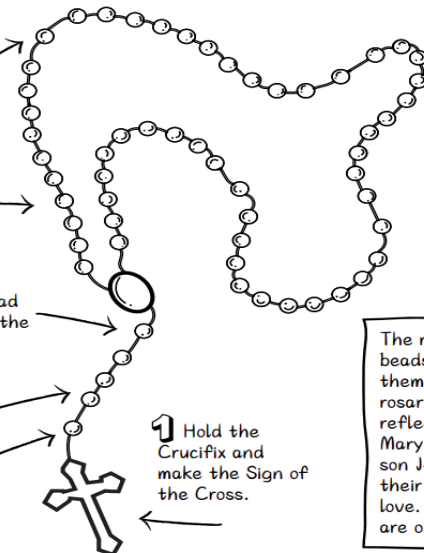


Mission Together is the children's branch of Missio, the Pope's charity for world mission. Registered in England and Wales Charity No. 1056651 missiontogether.org.uk / missio.co.uk



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Can you colour in this Mission Rosary?
Green beads for Africa.
Red for Americas.
White for Europe.
Blue for Oceania.
Yellow for Asia.

The rosary is a special set of beads that Catholics use to help them pray. While we're saying the rosary we are encouraged to reflect upon the 'mysteries' of Mary's life and the life of her son Jesus. This helps us to follow their ways and grow in faith and love. The mysteries of the rosary are on the next page.

Mission Together is the children's branch of Missio Charity No. 1056651 missiontogether.org.uk / missio.co.uk **missio**

Autumn Term 1 Diary Dates

Friday 3rd October	INSET Day, school closed to all pupils (Planet Soccer are running a camp at school)
Monday 6th October	Year 1 walk to Englefield Green
Tuesday 7th October	Parents Evening (online) - 4pm to 6:30pm
Thursday 9th October	Parents Evening (online) - 4pm to 7pm
Friday 10th October	World Mental Health Day - Hello Yellow (yellow accessories or clothing allowed)
Monday 13th - Friday 17th October	Year 6 PGL Residential Trip
Monday 20th October	Individual & Sibling Photographs in school - full school uniform to be worn
Wednesday 22nd October	School Tours for prospective parents
Wednesday 22nd October	Sports Crew Training (year 5 - applicable parents have been emailed)
Monday 27th - Friday 31st October	Half Term
Friday 31st October	Secondary School Application Deadline (Surrey)
Monday 3rd November	Children back to school for Autumn Term 2
Monday 3rd November	9am All Souls Mass in school (parents welcome)



Autumn Term 2 Diary Dates

Monday 3rd November	Surrey Nursing Team in school (flu vaccinations & Reception/Year 6 heights & weights)
Wednesday 5th November	Year 4 Egyptian Workshop in school - children to dress up (payments due via Scopay)
Thursday 6th November	Year 3 Stone Age Workshop in school - children to dress up (payments due via Scopay)
Friday 7th November	Year 6 to visit Englefield Green Memorial for a Remembrance Service (11am)
Monday 10th November	Start of Antibullying Week
Monday 10th November	Odd Socks Day
Tuesday 11th November	Remembrance Day
Wednesday 12th November	Year 6 Junior Citizen at Thorpe Park
Wednesday 12th November	Fire safety talks in school for Year 2 & Year 5
Thursday 13th November	World Kindness Day
Thursday 13th November	Year 2 Great Fire of London Workshop in school (payments due via Scopay)
Friday 21st November	Mufti Day - bring a bottle (donations for the PTA Christmas Tombola)
Sunday 23rd November	PTA Christmas Fair
Monday 24th November	St Cecilia House Day - house t-shirts to be worn for children in this house
Thursday 27th November	NSPCC Speak Out Stay Safe Programme in school (assemblies and workshops)



Autumn Term 2 Continued Diary Dates

Thursday 27th November	1pm School Tours for Prospective Parents
Monday 1st December	Inset Day (St Francis of Xavier) School closed to all pupils
Thursday 4th November	Exposition of the Blessed Sacrament
Saturday 6th December	6pm Mass in Church - Choir to sing (school uniform to be worn). Choir children to arrive at 5:30pm to meet Mr Ellson
Tuesday 9th December	KS1 Nativity performance to parents
Thursday 11th December	EYFS Nativity performance to parents
Friday 12th December	Christmas Jumper Day
Tuesday 16th December	KS2 Advent Service in Church
Friday 19th December	Last day of term. Children finish at 1:15pm. No After School Club.





Year 5 Boys Football Club

Scheduled games so far:

ST CUTHBERTS YEAR 5
BOYS

MATCH SCHEDULE

Wednesday 15th October | 3:30 PM

ST CUTH VS SAYES COURT

Wednesday 5th November | 3:40 PM

STEPGATES VS ST CUTH

Wednesday 10th December | 3:30 PM

ST CUTH VS ONGAR PLACE

Wednesday 11th February | 3:40 PM

ST CHARLES VS ST CUTH

6

Year 6 Boys Football Club

Scheduled games so far:

ST CUTHBERTS YEAR 6
BOYS

MATCH SCHEDULE

Wednesday 8th October | 3:30 PM

ST CUTH VS THOPRE C OF E

Wednesday 5th November | 3:40 PM

ST CUTH VS LYNE & LONGCROSS

Wednesday 10th December | 3:40 PM

ST JUDES VS ST CUTH

VS

Vacancies at St Cuthberts



LSA Role

Apply using the following link— [Learning Support Assistant](#)

Start date: ASAP

Hours and days of work: Monday to Friday 08:30am (8.20am start on Mondays) to 3.20pm (31.83 hours per week), St. Cuthbert's School Term time plus 5 INSET days

St. Cuthbert's is a happy and successful, single form entry, Catholic Primary School in Englefield Green (Egham). We aim to develop the Whole Child; our intent is to challenge all our children to develop their own unique spiritual, moral, intellectual, creative and physical potential.

We are seeking to appoint an Learning Support Assistant to support learning both in the classroom.

About you:

- You are committed to putting the needs of the children first;
- You will want to be part of our school community and to embrace our Catholic ethos, vision and values;
- You have high expectations of yourself and of others, are prepared to be flexible and have a desire to do a great job;
 - You are someone who is kind and caring, keen to be a team player;
You might want to pursue a career in teaching in the future.

If you are interested and wish to find out any more information, please speak with Miss Elmer.

Re Curriculum – Amazon Wish List



The Diocese are in their final year of implementing the new RE curriculum 'Day by Day' and with it comes many books and additional items that can support the teaching of the new curriculum. This will be updated throughout the year as the Year 3 and 4 teachers attend termly training and receive ideas and suggestions about resources that would enhance their learning.

There are also items still on the wish list from previous years too if anyone would like to purchase these too.

If anyone would like to support the school in any way, buying an item from the gift list would be a wonderful way to help.

<https://amzn.eu/gSbCQQN>

Please do click on the link to see if there is anything you can buy to enhance our RE at St. Cuthberts.

Wake Up Weekly Bulletin

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling'; trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.12.2024

Flyers:

Is your child in year 6?



If so, you need to apply online for a secondary school place by **31 October 2025**. Applying on time gives you a better chance of getting one of your preferred schools.

If you live in Surrey, you can find out all you need to know about school admissions and apply online at surreycc.gov.uk/admissions or you can call us on **0300 200 1004**.



Apply online
apply on time by
31 October 2025



5CCTYPINGX

Flyers:

Is your child starting school in September 2026?

If your child was born between 1 September 2021 and 31 August 2022 you will need to apply for a school place. You can apply between **3 November 2025** and **15 January 2026**.

If you live in Surrey, you can find out all you need to know about school admissions and apply online at surreycc.gov.uk/admissions or you can call us on **0300 200 1004**.



Applying on time will give your child the best chance of getting one of your preferred schools.

Apply online
between
3 November 2025
and 15 January 2026



Flyers:



The flyer features a vibrant night scene at Ascot Racecourse. In the foreground, a brown horse with a blue saddle and a red star-patterned blanket is galloping. The background shows the racecourse stands and a large firework display in the sky. In the bottom right corner, there are several pumpkins, one of which has a sign that says "KIDS GO FREE". A small sign also says "FIREWORKS AFTER THE RACING".

ASCOT 

SCHOOL FUNDRAISER

FIREWORKS SPECTACULAR FAMILY RACEDAY SATURDAY 1ST NOVEMBER

Get ready for an unforgettable day of family fun as the Jumps season returns with a bang!

This much-loved community event, held in association with the Ascot Round Table, is excitement all round with exhilarating Jumps racing, thrilling fairground rides, arcade games and roaming entertainers. Younger visitors can also attend the reptile show, visit the face painters and enjoy arts & crafts.

As it turns to dusk the excitement builds for our Fireworks Spectacular where over 20,000 fireworks light up the night sky from the centre of the track. Join us for sporting action and seasonal fun while raising money for your school.

CHOOSE YOUR TICKET

RACING AND FIREWORKS
Entry from 4pm | **25% cashback**

Includes racing, children's activities,
free fairground rides until 4pm and fireworks.
Queen Anne Enclosure £30 per adult
Children under 18 go free*

Use code **SCCPSCHOOL**
to send cashback directly to your school

FIREWORKS ONLY
Entry from 4pm

Includes fairground rides
(£1 per ride) and fireworks.
Adults - £10 | Children (5-12) - £7.50,
under 5's go free

Last entry 6pm

BOOK TODAY AT ASCOT.COM | 0344 346 3000

Entertainment subject to change. Rides are free of charge until 4:00pm, after this we ask for £1 per ride which is donated to local charities.
Prices shown are advanced booking prices. *Maximum four children under 18 go free with a full paying adult.

Flyers:



Chelsea Football Club are excited to be opening the doors to their Training Ground this October. Cobham is the exclusive home of our Chelsea FC's Men, Women's and Academy squads and this Half Term we are giving a limited number of players the opportunity to train here and experience our world class facilities.

We have several sessions available across the week from:-
[2 Day Courses, 1:1 Sessions and Girls Only Sessions](#)

Book on early to avoid disappointment! Please scan the QR code which will take you directly to our booking page providing you with all sessions available across the week.

Venue	Dates	Time
Cobham Training Ground Surrey, KT11 3PT	27th-31st October	09.00-15.15 (excluding 1:1 Sessions)

Age	Players	Prices
6-12 Years (7-18 Years for 1:1 Sessions)	Boys & Girls (Mixed ability level)	£75.00 a day (excluding 1:1 Sessions)

chelseasoccerschools.co.uk



Flyers:

Staines and Windsor Martial Arts Karate (SAWMAK)



What? Modern, light contact, sport karate, similar to a traditional Japanese style, but with modern adaptations.

When? Mondays 8 - 9 pm Egham Orbit 11 years+

Tuesdays 4.30 - 5.30 pm Egham Orbit 6 – 12 yrs

Saturdays 1-2 pm Windsor Leisure Centre 6 yrs+

Why? Learn a martial art; build confidence; improve fitness, physical and mental well-being; self-defence; develop new skills.

What is a class like? Stretches, fitness work, basic striking techniques, kata, sparring and self-defence.

First session free, just turn up and see if you enjoy it.

Text or call 07775 777889