

20th March 2026

RAGE Fitness Intervention Opportunity

Dear Parents and Carers,

We are pleased to inform you that your child has been selected to take part in an exciting collaboration between Blacon High School and Rage Fitness Wellbeing CIC.

This is a 6 week Boxing & MMA Confidence Programme designed to support young people in building confidence, resilience, discipline and emotional wellbeing through structured physical activity and mentorship. The programme will be delivered by Craig Brown, owner of Rage Fitness, and combines boxing fundamentals, MMA movement and mindset coaching in a safe and engaging environment.

Programme dates are as follows:

24th March

31st March

21st April

28th April

5th May

12th May

The programme aims to support students in:

- building self-confidence and self-belief
- improving mental health and emotional regulation
- increasing physical fitness, strength and coordination
- developing discipline, respect and focus
- reducing stress, anxiety and negative behaviours
- strengthening peer connections and sense of belonging

On each of the above dates, students will go directly to Rage Fitness in the morning rather than attending school first. Attendance will be recorded by Rage Fitness and shared with school. This will then be visible to parents via EduLink as normal.

Blacon High School staff will collect students at the end of each session and transport them back to school. Students will need to bring a bag containing their full school uniform so they can get changed on their return, as well as a water bottle.

Parental consent is required for your child to take part in this programme, to travel directly to Rage Fitness for the morning sessions, and to be transported back to school by Blacon High School staff. Consent can be provided via ParentPay.

Students will attend an introductory session on Tuesday 24th March, where they will meet Craig, be shown the facilities and go through expectations and safety procedures. All sessions will be supported by Blacon High School staff.

We are really looking forward to the positive impact this programme will have and feel it is a fantastic opportunity for those involved.

If you have any questions, please do not hesitate to get in touch.

Kind regards,

Miss. M Garner



Y8 Progress Leader

Blacon High School