

1<sup>st</sup> May 2026

### **Rage Fitness and Platform for Life Workshops**

Dear Parents and Carers,

We have very recently been offered an exciting opportunity for a select number of Year 9 and 10 students to work with both Rage fitness, and Platform for Life counselling via a joint project. This will focus on supporting wellbeing, resilience, building self-esteem, and improving confidence via physical activity, which will hopefully also support improved attendance to school.

Your child has been identified as someone who may benefit from this exciting opportunity. As they have been able to source external funding, there will be no cost to you, and it will take place weekly each Wednesday morning for the remaining weeks of term this academic year (until July 2026). Students will begin this on 6<sup>th</sup> May 2026.

Students will arrive at school as usual each Wednesday at 8.40am, and then at 9.55am, a school minibus will drive the students to Rage Fitness in Blacon, where they will be met by one of the personal trainers, and a trained counsellor from Platform for Life (who is usually based in the Enterprise centre in Blacon). There will also be a member of Blacon High school staff to accompany the trip, and return with them at the end of the session via the school minibus at approximately 11.45am, where they will re-join their school day.

Throughout the session, they will participate in group activities, as well as individual fitness activities, and as they will be physically active during the session, please can they arrive to school each Wednesday morning in their Blacon High PE kit. They can then change when they return to school into their school uniform, so they will need their school uniform to change back into. They will also need to bring a water bottle on this trip.

Please provide your consent on parent pay. If you have any questions, please do contact me.

Regards,



Mrs Kate Henshall  
SENDCo



**BLACON**  
HIGH SCHOOL

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