



# Randwick Primary School: Resilience, Passion, Success

Randwick Church of England Primary School  
The Lane, Randwick, Stroud, Glos. GL6 6HL  
Tel: 01453 762773 Headteacher: Mr David Poad



Wednesday 27<sup>th</sup> March, 2019

Dear Parents and Carers,

## Mini-Marines Physical Education Programme, years 3 and 4

This is to let you know that your child will be taking part in the above programme on Friday mornings from 1050 – 1230, run by the company 'Elite Commando Survival', starting after the Easter break. Our year 5 and 6 children have been following this programme until now and as it's been so successful, we wanted to offer your children to opportunity to take part too. The impact of the programme has had a significant impact on the resilience and relationship skills of the children, as well as improving their physical fitness, and we strongly believe it will help your child to grow in confidence and flourish.

The coaches are former Royal Marines, and are in a great position to act as positive role models to the children. Their experience, ethos and values mean each coach is well placed to deal with any situation thrown at them; in turn, they expect a high level of respect. Once this is established, the coaches work with the children to help them develop in many areas, including:

- First Aid
- Nutrition
- Fitness
- Health and wellbeing
- Goal Setting
- Growth Mindset
- Bushcraft
- Team Building
- Problem Solving
- Communication tasks



Children respond really well to clear boundaries and high expectations, set by the coaches early on. The programme works on building resilience, perseverance, self-discipline, team working, communication, trust...and cheerfulness in the face of adversity!

Every Friday morning after play and until lunch until the end of summer term the children will be with the Mini-Marine coaches on Randwick playing field. Please make sure your child has their PE kit in school on this day (e.g. t-shirt, shorts or joggers, trainers; a waterproof coat and a warm sweatshirt/fleece will be necessary if cold).

Best wishes,

David Poad

Email: [admin@randwick.gloucs.sch.uk](mailto:admin@randwick.gloucs.sch.uk)

Website: [www.randwickschool.org](http://www.randwickschool.org)



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