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PRINCIPAL | Andrew Campbell PGDip. Org. Behaviour, B.Ed., Dip.T.

June 8, 2022

Kia ora e te whānau,

This term we are lucky to be able to offer a new fully funded course to our Middle School girls: the '**Girls Self Defence Project**'.

When: Week 7 (Next Week): Monday - Thursday 13 - 16th June - 1 full day per child

Monday 13 June	Tuesday 14 June	Wednesday 15 June	Thursday 16 June
Rooms 2 + 21	Rooms 3 + 4	Rooms 13 + 12	Rooms 11 + 10

Who: **Mel Goodin** Self defence instructor, funded by Oranga Tamariki

Why: The overall objective is for girls to uplift each other and empower themselves to live safely. Students will learn to think confidently, speak strongly and be able to use self defence skills / techniques when necessary. Much of the course is taught through games and stories. There is also a small physical component.

Course content: Please read the important information about the course on the back of this sheet.

In setting this opportunity up, we have contacted other schools and have been assured that the programme is well run and age appropriate.

Should you have any questions or do not wish for your daughter to participate please contact your child's teacher.

Kind regards,

Jackie Simpson
Associate Principal, Middle School

Girls' Self Defence Project



Aotearoa / New Zealand

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Kia ora parents and caregivers

Your child is invited to take part in a Girls' Self Defence Project course run by the Women's Self Defence Network – Wāhine Toa.

The self defence kaiako is a qualified and experienced teacher of self defence to women and girls. She will help the students learn ways of dealing with unsafe people and situations and threats to their safety, such as dealing with acquaintance and stranger attacks, being followed, and issues relating to cyber safety.

This includes learning how to give clear boundaries and messages to those known and unknown to them when feeling unsafe, trusting their feelings and listening to their instincts. The course will also cover identifying unhealthy and abusive relationships and building healthy and respectful relationships. These skills will be reinforced through discussion and the development of verbal and physical skills to help the students keep themselves and others (e.g. friends / siblings) safe.

This course offers each student the opportunity to take a positive step to reinforce their ability to think confidently, speak strongly, and use their physical skills when necessary.

You can help by:

- Encouraging them to talk about what they are learning
- Encouraging them to talk about their own experiences
- Helping them practice in order to build confidence – remember this is not a competition – they are trying to learn some new skills.

The course will emphasise how students can “think” their way out of a threatening situation, and how important it is to tell a safe adult if something happens.

The self defence kaiako will be available at the end of the course, should you have any questions or concerns.

Ngā mihi

Roxy Coervers

Kaimahi // Administrator

A project of Women's Self Defence Network – Wāhine Toa www.wsdn.org.nz