

MF Martial Arts North East

Dear Parent/Carer,

We are delighted to be working in partnership with **Archibald First School** from September, providing fun and engaging martial arts sessions during lunchtime for Key Stage 1 and Key Stage 2 pupils.

At MF Martial Arts, our aim is to create a positive, inclusive environment where children can learn new skills, stay active and grow in confidence while having fun.

Our sessions focus on much more than kicks and punches. We help children develop important life skills, including:

- 🏠 Confidence
- 🤝 Respect
- 🙏 Self-discipline
- 🎯 Focus and concentration
- 😊 Teamwork
- ❤️ Resilience
- ★ Self-belief

All activities are age-appropriate, safe and designed to encourage participation, regardless of previous experience. Whether your child is completely new to martial arts or has trained before, everyone is welcome.

Continue the Journey

If your child enjoys our lunchtime sessions and would like to continue their martial arts journey, we'd love to welcome them to our community classes.

📍 **St Aidan's Community Centre, Gosforth**

Every Tuesday

🏠 **4:00pm – Mighty Matts (Ages 3–6)**

🏠 **4:45pm – Juniors & Adults (Ages 7+)**

Our community classes provide the opportunity to continue developing confidence, fitness and martial arts skills in a friendly and supportive environment.

If you would like any further information about our classes, please don't hesitate to speak to us.

We look forward to meeting your children and helping them enjoy all the benefits martial arts has to offer.

Kind regards,

Garry McGuire

Chief Instructor

MF Martial Arts North East

If you would like to book your child onto this lunch club, please email

clubsandvisits@archibaldfirstschool.co.uk

Sessions will be approximately £2.50 per week

The children will attend in either Key Stage 1 or Key Stage 2 and sessions will last 30 minutes.

You will receive a text if your child has been allocated a place.