

From Keith Fitchett, Business Director of the Black Belt Academy.

Our aim at the Academy is to support our partners in education wherever possible. With this objective we have a lot of services that we can provide; several schools have already taken advantage of some of these such as the 'raffle prize party' and our 'School Talks.' The purpose of this letter is to express our desire to continue help the children of Norfolk. We know first hand how the Martial Arts can benefit children. Not only do they learn discipline, focus, responsibility and respect; but they develop a higher level of self-esteem and self-confidence which yields a greater ability and willingness to learn. With this in mind we have 3 programs that we feel are invaluable.

First, is our way of assisting in the process of 'inclusion.' We are offering each Norfolk school one scholarship for our program for the school year 2006-2007. This scholarship will be of no cost to the selected family or your school. We would like each of you, along with your team of teachers, to select someone who can benefit from our program who may otherwise not be able to afford it. This has a £1100/year value. The scholarship will be continued on a monthly basis for your determined student upon showing improvements in their grades and behaviour in school (we will assume this is happening unless you contact us with information to the contrary). As you may or may not know, we have all our karate students take a letter to school to confirm constant improvement. These letters are then presented at the academy and we reward students for good grades and conduct. We believe that all of our students should bring the life skills that we teach them and use it everyday at home and in school.

The **second** is our 'Neverbullied' programme. This is the programme that was created by our founder Master Richard Vince to accompany his highly acclaimed books on overcoming bullying. Richard is holding a FREE 2 hour workshop at the 'Oasis Sport & Leisure Club' on Pound Lane, Norwich. The workshop takes place on Wednesday 1st November between 10am and noon (refreshments will be available). At the workshop Richard will explain his theories on bullying, which are widely supported by Consultants at the Bethel Family Centre and Rita Adair, Specialist Senior Educational Psychologist. (See the testimonials below). He will also explain the 7 factors that he believes need to be in place to minimize bullying in any institution and offer advice on how to implement them in your school if you would like to.

Testimonials;

He is a positive presenter who likes everyone to get involved and try out the techniques. Several schools as a result of his input have contacted him directly for further work with pupils in their schools. I know that school staff have spoken positively of the effect this has had on their pupils in terms of building up their confidence and raising awareness of their own behaviour and how to manage it. He has been particularly supportive to anti-bullying work and teaching children how their non-verbal behaviour affects whether they are bullied or not. His work is about empowering children and adults to develop an awareness of themselves which enables them to deal more confidently with situations they would usually find problematic. Rita Adair, Specialist Senior Educational Psychologist, Norfolk County Council

Bullies, bullying and being bullied seem to be integral part of human life today. That doesn't mean that it should be condoned or ignored.

Unfortunately it is not always easy for others to be aware of the process happening, as it can be subtle and devious.

*Good resource providing knowledge and understanding about the bullying process are not always easily available, but "**Turning Stumbling Blocks Into Stepping Stones**" by **Richard P Vince** is an excellent one that I would highly recommend to individuals and professional alike.*

Written from a deep understanding of the bullying process, drawing on a wide and eclectic range of knowledge and techniques, the result is an entertaining and highly practical self-help workbook. And the best thing about it: IT WORKS. Rini Hoogkamer, Child Psychiatrist

Richard - I have recommended your book and website info to 3 sets of parents who have attended the Bethel Child and Family Centre. These 3 individuals were teenage boys between age 12-14 who all presented with low mood, low self-esteem and bullying issues. One particular Mum borrowed the book and sat with her 12 year old son reading it over a week or two and she praised the book. This young man has declined conventional treatment

with either CBT, medication or supportive counselling from our service and his Mum has since reported that her son has made a number of positive steps forward around friends, interests and an improved view about school. I feel your book must have had some influence on how this young man viewed his situation and gave him ideas on how to tackle them.

I would like a couple of copies of your book if you could drop them off at the Bethel with an invoice if that is possible. I certainly agree with Lesley that it would be a good idea to try and team up with you about the possibility of a small group for boys who have low self-esteem and bullying issues. - Sam Firth, Staff Grade Child & Family Psychiatrist, City Team, Child and Adolescent Mental Health Service, Norfolk and Waveney Mental Health Partnership

We expect the seminar to be well supported and the capacity of the room is limited so please contact Richard directly by email to book your place(s). His email address is richard@blackbelt4sure.com and we would like places confirmed on or before 20th October 2006.

Thirdly we would like to continue with our 'School Talks' programme as it has been very well received. This term we are discussing with the children 'Motivation' and 'Persistence.' If you would like us to visit your school and reinforce these values/life skills in your students (perhaps in an assembly or PD time) please call me to arrange a date.

To arrange a 'School Talk' or 'Scholarship,' please call me on 01603 620553. This phone is often answered by a machine so please be prepared to leave your details (including a convenient time to call back) so that I can return your call.