

South Rise Primary School

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Headteacher Katie Cutajar



8 September 2026

Dear Parents/Carers

Autumn Clubs

We are delighted to share with you the clubs for Autumn Term 1 & 2 including some exciting new additions! Please see dates and times below with further information to help decide which club is right for your child.

Day & Time	Club	Cost for all 10 sessions	Years	Teacher/Provider	How to book
Monday AM 8:15-8:55	Karate	£35	Years 3/4/5/6	Craig at Karate London	MCAS
Monday PM 3:15-4:00	Football	£35	Years 5/6	Progressive Sport	MCAS
Wednesday PM 3:15-4:15	Gymnastics	£53	Years 1/2/3	Get Schools Active	Click link below
Thursday PM 3:15-4:00	Choir	Free	Years 5/6	Mrs Buhagiar	MCAS
Friday AM 8:15-8:55	Morning Mindfulness	Free	Years 1/2/3/4/5/6	Miss Cook	MCAS
Friday PM 3:15-4:00	Dodgeball	£35	Years 2/3/4	Progressive Sport	MCAS

All clubs will run for a total of **10 sessions** each. Commencing on the week beginning **21st September 2026**.

Clubs are booked on a first come first serve basis. If you have any questions or any issues with booking a club for your child, please do contact the school office who would be happy to help you.

Kind regards

School Office

Karate club by London Karate Academy (LKA)



London Karate Academy are the new provider of our morning Karate club. They pride themselves on developing students through a combination of discipline, guidance and enjoyment whilst remaining connected to its Japanese roots. Their school clubs are unique in the fact that students can simply take part for fun on a termly basis, as well as having the opportunity to progress in termly belt gradings and learning further in the art of karate.

Football and Dodgeball clubs ran by Progressive Sports



Progressive Sport are a national team working across schools and communities throughout the UK. We worked with them to provide clubs last school year and are continuing to do so. They believe in three things: small details create big outcomes, consistency beats intensity and that every child deserves to feel supported, included and full of energy.

Gymnastics club ran by Get Schools Active



Get Schools Active has been built by coaches, for coaches and kids. They are a new provider for us who have come recommended to provide fantastic gymnastics clubs. They pride themselves on putting children, coaches and community at the heart of everything they do. Proud to be building a future where sport is accessible, supportive, and rewarding for everyone involved.

This club is booked directly by parents using this link. The club runs for 15 minutes longer than our others and is slightly more expensive at £5.30 per session instead of £3.50.

[Autumn Term 1 - Southrise \(Wed 23rd Sep 2026 - Wed 2nd Dec 2026\) | Get Communities Active | Powered by ClassForKids](#)

Morning Mindfulness Club with Miss Cook

Give your child a calm and positive start to their school day by joining our Morning Mindfulness Club with Miss Cook. Children will have the opportunity to enjoy a relaxed start to the morning, take part in gentle mindfulness activities and spend some quiet time preparing for the day ahead. Toast and juice will also be available for children to enjoy before they begin their school day. A lovely way to start the morning feeling calm, happy and ready to learn!
