



'Shout Out' to Katy in Year 12 for her achievements in Aikido:

Katy joined Hollygirt in Year 7 and is now one of our Sixth Formers. Katy has a black belt in Aikido and has just started volunteering at her Aikido Club to help and teach the Little Dragons (5-10 year olds). Aikido helps to develop confidence, resilience and most of all a respectful ethos to all. It teaches perseverance and presence of mind, tolerance as well as a positive mindset.

WELL DONE KATY