



15th March 2024

Dear Parents and Carers

We are very excited to have Paul from Paul 4 Brain coming to school on **Thursday 21st March** to deliver his **One Punch Ruins Lives** talk to our Year 6 children. In this talk, Paul shares his trauma and lived experiences of brain injury to raise awareness of the impact of violence, in hope that it prevents unnecessary suffering.

The One Punch Ruins Lives talk gives an insight into the life Paul was living pre-brain injury in 2012. He delivers his account of the unprovoked attack that had a devastating impact on his life – the ONE PUNCH which left him fighting for his life. He pulled through but suffered a frontal lobe brain injury which came with severe consequences, meaning his brain would never function in the same way again. During early recovery, Paul lost everything. It ruined his life and those closest to him. Paul gives examples of how other people have been affected by one punch. The talk highlights potential reasons for conflict and raises awareness of the importance of using emotional intelligence.

During this talk, Paul explains how the perpetrator of the attack was sentenced to prison and all lives were ruined that day. The One Punch Ruins Lives talk ends by offering practical tips to help people calm down and regulate their emotions if they encounter anger, frustration or feel tense.

We think this informative and age appropriate telling of Paul's story will support the children in understanding the consequence of unnecessary violence. Alongside this it will give helpful ideas for staying calm in difficult situations.

Thank you for your continued support.

A handwritten signature in black ink that reads 'J.E. Mitchell'.

Mrs Julia Mitchell
Executive Headteacher
Oldfleet Primary School

Executive Headteacher: Mrs J Mitchell
Head of School: Mrs J White
Oldfleet Primary School, Bradford Avenue,
Greatfield Estate, Hull, East Yorkshire, HU9 4NH

Phone: 01482 782200
Email: admin@oldfleet.hull.sch.uk
Twitter: @OldfleetP
Website: www.oldfleet.hull.sch.uk



The logo for 'thrive' consists of a stylized 't' inside a circle, followed by the word 'thrive' in a lowercase, sans-serif font. Below it, it says 'co-operative learning trust'. The logo is set against a background of overlapping blue circles of various shades.

