



HAF (Holiday Activities and Food) Programme Easter 2023

Happy Healthy Kidz are delighted to be delivering a FREE HAF holiday club during the Easter Holidays for children who are eligible for benefit related Free School Meals (FSM), young carers and children in foster care. Our program is inclusive to all and also available to paying families for £25 per day per child.

Venue: **Selsdon Community Centre, 132 Addington Rd, South Croydon CR2 8LA**

Dates: **3rd, 4th, 5th & 6th April from 10am – 2pm**

The days will consist of multi-sports activities from football coaching, tag rugby, cricket, Easter arts and crafts, wizard workshops with Non-Stop Kids and more.

We will include nutritional activities where the children will spend some time learning about the importance of a healthy lifestyle. Children who attend the course will be provided with a hot healthy lunch each daily, with fruit and water for snacks throughout the day. Awards and certificates will be presented at the end to every course to each participant.

The aims of the HAF program is to ensure that the children are more active and eat more healthily during the school holidays; take part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their educational attainment; to be safe and not be socially isolated; to have greater knowledge of health and nutrition and to be more engaged with school and other local service.

It is recommended that children bring their own named drinks bottle with them, which can be taken outside when participating in the sporting activities. Along with appropriate clothing for sports activities that be worn for both indoor and outdoor activities, including a coat.

Numbers are strictly limited and will be offered on a first come first served basis. If you would like your child to take part, then please book into this via our website: www.happyhealthykidz.co.uk

Or use this link, to take your directly to the booking platform: <https://eequ.org/experience/1820>

Spaces are limited and fill up quickly.

All children who attend the course must have a parent/guardian sign them out after each session, coaches will not let children leave the premises unless a named person on the booking form attends for collection.

Our coaches have a fully enhanced DBS checked, hold a FA coaching qualification, have Emergency First Aid Training and Child Safeguarding Certification. All of our 'policies' are available on our website. If you have any questions or queries, please do not hesitate to contact me on 0345 835 81 46 or email: info@happyhealthykidz.co.uk.

Please could you display this poster within your school, for parents/guardians to see. Thank you.

Kind Regards,

Matthew Zadel

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Matthew Zadel & Adam Shearer
Happy Healthy Kidz

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