



# Active SCHOOLS

## HOLIDAY PROVISION

HEALTH, FITNESS & WELLBEING  
WITH AN EDUCATIONAL FOCUS

Active Families North East is a Sunderland based Community Interest Company with years of experience delivery across educational and community settings. We pride ourselves on bringing energy and fun to every session we deliver and our staff are fully qualified and insured for every activity that we offer.

In 2020 we won the national 'Community Impact Award' at the Community Fitness Awards for the work we have been doing to support families and children to be more active and lead healthier happier lives.

We are really excited to work with schools across the North East to look at how we can deliver a range of fantastic activities as part of their holiday support to pupils. We have produced three different packages which we believe the young people will enjoy and benefit enormously from. We are more than happy to make any alterations or include additional activities on request.

*"Kelly and the team can always be relied upon for first class, high quality, professional delivery. What makes Kelly and the team different from other external providers is their whole-hearted approach to improving the physical health and emotional well-being of every child. Their offer is unique, varied and relevant and they are committed to continuously developing; striving to be the very best they can be to best serve the needs of our local community."*

Amy McCulloch  
Sunderland School Games Organiser  
Farrington Community Academy



For more information contact: 07946 269 005 (Kelly)

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[www.activefamiliesne.co.uk](http://www.activefamiliesne.co.uk)

## SILVER PACKAGE

*Up to 30 children per day  
5 days • 9am - 3.15pm  
3 staff • 1 male/2 females*

### ACTIVITIES:

- Fitness
- Sports
- Archery
- Kangoo Jump
- Silent Disco Bootcamp
- Yoga
- Wellbeing challenges
- Active AIM interactive healthy eating workshops

**CONTACT US FOR PRICES**

## GOLD PACKAGE

*Up to 40 children per day  
5 days • 9am - 3.15pm  
4 staff • 2 males/2 females*

### ACTIVITIES:

- Fitness • Sports • Archery
- Kangoo Jump • Silent Disco Bootcamp
- Yoga/Core strength
- Daily team challenges
- Team building activities
- Squeazy Rider  
smoothie bike workshops
- Active AIM interactive healthy eating workshops x5 (daily healthy eating topics)
- Recipe bags and cards to take away.  
Cards and bags plus ingredients for breakfast muffins, fakeaway pizzas, curry, soup and homemade bread plus healthy desserts
- Refreshments & pack lunches provided
- End of week award ceremony

**PLUS: A Wellbeing at home box that includes exercise cards, resistance bands, mindfulness design activities and yoga for fitness cards with positive affirmations.**

**CONTACT US FOR PRICES**



## PLATINUM PACKAGE

*Up to 120 children per day  
5 days • 9am - 3.15pm  
6 staff • 3 males/3 females*

### ACTIVITIES:

- Fitness • Sports • Archery
- Kangoo Jump • Silent Disco Bootcamp
- Yoga/Core strength
- Rugby & football team sports programme
- Daily team challenges
- Team building activities
- Squeazy Rider  
smoothie bike workshops
- Active AIM interactive healthy eating workshops x5 (daily healthy eating topics)
- Recipe bags and cards to take away.  
Cards and bags plus ingredients for breakfast muffins, fakeaway pizzas, curry, soup and homemade bread plus healthy desserts
- Refreshments & pack lunches provided
- End of week award ceremony

**PLUS: A Wellbeing at home box that includes exercise cards, resistance bands, mindfulness design activities and yoga for fitness cards with positive affirmations.**

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