# HOLIDAY CAMP

JOY SPORTS ACADEMY





WINTER HOLIDAYS Dates: 22,23,29,30 DEC

#### PAID

9am - 1pm = £259am - 5pm = £37

#### **FSM**

9am - 1pm = FREE 9am - 5pm = FREE



# Places Available For Children

The Joy Sports Academy team will host a fun-packed program to provide a safe, friendly and secure environment where a variety of activities are offered. The Holiday camp promotes healthy lifestyles and positive social interactions.

#### REGISTER ONLINE USING OR CODE OVER PAGE

Remember, these places are open for all the year groups & other local schools. Once you complete the form, your children's placement will be secure. You can make the payment online.

NOTE: Fees don't apply to the benefit related FSM children. All the activities and food are completely FREE for ALL 4 DAYS (9am - 5pm). Parents need to provide EVIDENCE.















#### REGISTER ONLINE USING OR CODE BELOW

If you would like to enrol your child/ren in our Holiday Programme, please fill out the online application form and submit it before the first day of the camp. Please note that places are limited, and priority will be given to those booking for the entire week.



Tax FREE childcare vouchers are accepted



#### HILLINGDON BOROUGH VENUES--

#### **Minet Infant and Nursery School**

Avondale Drive Hayes Middlesex UB3 3NR

Dates: 22, 23, 29, 30 DEC



#### **Bourne Primary School**

Cedar Avenue South Ruislip Middlesex HA4 6UJ

Dates: 22, 23, 29, 30 DEC



Gymnastics, Dance, Different Sports, Quizzes, Origami, Art & Craft, Soft Archery, Talent show, Treasure Hunt, Life Skills, Painting, Invasion Games, Team Building, Orienteering, Yoga, Nutrition, Science experiments, Circuit Training, Problem Solving, Leadership, Competitions, Drills and much more...

Monday	Tuesday	Wednesday	Thursday	Friday
22/12	23/12	-	-	-
29/12	30/12	-	-	-

COST PER DAY				
PAID:				
9am-1pm = £25				
9am-5nm = £37				

m-5pm = £37 **FSM:** 

9am-1pm = FREE 9am-5pm = FREE

#### For more information, please contact:



Mr Patel on email: enquiry.jsacamps@gmail.com

















# **JOY SPORTS ACADEMY**

## **Camp Timetable**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 - 9:30	Registration + Social time + Story telling					
9:30 - 10:30	Football	Tennis	Archery	Olympic games	Athletics	
10:30 - 11:30	Basketball	Art & Craft	Nutrition	Benchball	Yoga & fitness	
11:30 - 12:00	LUNCH BREAK + Q&A					
12:00 - 12:40	FREE PLAY & SOCIAL TIME					
12:40 - 13:00	Discharge the 1pm group and regroup the children for the afternoon activites					
13:00 - 14:00	Cricket Tag rugby		Teambuilding	Golf	Football drills	
14:00 - 15:00	Rounders	Puzzles & Problem solving	Origami	Treasure Hunt	Art & Craft	
15:00 - 15:30	SNACKS BREAK + FREE PLAY IN THE PLAYGROUND					
15:30 - 16:30	Street Dance	Karate & Self defence	Chess/PublicSp	Multi-Sports	Talent show	
16:30 - 17:00	Start getting the belongings and seat in the groups for the HOMETIME					

All the children need to bring their own water bottles.

FREE hot healthy food will be provided to all the children.

Children must come dressed in PE outfits, including their coats.

All activities and trips are subject to availability and the interests of the children and may be changed accordingly.

Children will be rewarded with madels or certificates for their abilities and achievements.

The camp will proceed in all weather conditions as we have indoor facilities available.

This camp is open to all children from other schools.



#### WEEK 1

# **DECEMBER 22ND - DECEMBER 26TH**



R: REGULAR, DF GF: DAIRY FREE GLUTEN FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (R)	Tomato Basil Pasta	Vegetable Biryani	Baked Pasta	Holiday	Holiday
Mains (DF GF)	G&D T Pasta (Cold)	Biryani	Lentil Cake	Holiday	Holiday
Desserts (R)	Carrot Cake	Apple Cake	Pear Cake	Holiday	Holiday
Desserts (DF GF)	Apple / Carrot Cake	Apple / Carrot Cake	Apple / Carrot Cake	Holiday	Holiday
Seasonal Fruit	Fruit	Fruit	Fruit	Holiday	Fruit

We are committed to preparing nutritious vegetarian and vegan meals. These are produced in a kitchen environment which handles nuts, wheat, sesame, dairy, soya, mustard and gluten. Allergen cross-contact can occur through incidental contact with utensils, pots, pans and preparation surfaces.



#### WEEK 1

# **DECEMBER 29TH - JANUARY 2ND**



R: REGULAR, DF GF: DAIRY FREE GLUTEN FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains (R)	Spaghetti with Veggies	Fragrant Greek Spinach Rice	Pest e Ceci	Holiday	Baked Pasta
Mains (DF GF)	Lentil Cake	Jollof Rice	G&D T Pasta (Cold Meal)	Holiday	Lentil Cake
Desserts (R)	Carrot Cake	Apple Cake	Pear Cake	Holiday	Pear Cake
Desserts (DF GF)	Apple / Carrot Cake	Apple / Carrot Cake	Apple / Carrot Cake	Holiday	Apple / Pear Cake
Seasonal Fruit	Fruit	Fruit	Fruit	Holiday	Fruit

We are committed to preparing nutritious vegetarian and vegan meals. These are produced in a kitchen environment which handles nuts, wheat, sesame, dairy, soya, mustard and gluten. Allergen cross-contact can occur through incidental contact with utensils, pots, pans and preparation surfaces.



### MAINS (REGULAR) INGREDIENTS



#### **TOMATO BASIL PASTA**

<u>Durum wheat,</u> <u>semolina(gluten)</u>, mixed vegetables, black pepper, mixed herbs, sugar, sunflower oil, paprika powder, tomato, ginger, sweet corn, green peas, salt, basil.

#### **VEGETABLE BIRYANI**

Rice, mixed vegetables, sunflower oil, salt, sugar, ginger, green peas, coriander powder, soya, Indian spices, garam masala, cinnamon, mixed herbs, black pepper, and turmeric.

#### **BAKED PASTA**

Plain flour, durum wheat semolina(gluten), butter, cheese, cream (milk), black pepper, mixed herbs, Indian spices, sugar, sunflower oil, mixed vegetables, paprika powder, tomato, ginger, sweet corn, green peas, salt, asafoetida.

#### **SPAGHETTI WITH VEGGIES**

<u>Durum wheat,</u> <u>semolina(gluten)</u>, mixed vegetables, black pepper, mixed herbs, sugar, sunflower oil, paprika powder, tomato, ginger, sweet corn, green peas, salt, basil.

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#### FRAGRANT GREEK SPINACH RICE

Rice, spinach, chickpeas, cabbage, tomato paste, potato, lemon juice (**sulphate**), sunflower oil, salt, fresh coriander, Indian spices, chili powder, sweet corn, carrot, turmeric, sugar, asafoetida, ginger.

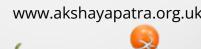
#### **PASTA E CECI**

<u>Durum wheat, semolina</u> (<u>gluten</u>), chickpeas, carrot, black pepper, mixed herbs, sugar, sunflower oil, paprika powder, tomato, ginger, salt.

**ALLERGEN ADVICE** 

All allergens are highlighted in **Bold** and **Underlined**.







### MAINS (GLUTEN FREE & DAIRY FREE) INGREDIENTS



#### **G&D T PASTA (COLD)**

Chickpeas, gluten-free flour (rice, potato, tapioca, maize, buckwheat), pepper, black pepper, sugar, mixed vegetables, asafeotida, sunflower oil, paprika powder, tomato, ginger, salt, basil.

#### **VEGETABLE BIRYANI**

Rice, mixed vegetables, sunflower oil, salt, sugar, ginger, green peas, coriander powder, soya, Indian spices, garam masala, cinnamon, mixed herbs, black pepper, and turmeric.

#### **LENTIL CAKE**

Chickpea, sodium bicarbonate, sulphate, lemon, salt, sugar, sunflower oil, cumin, turmeric powder.

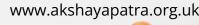
#### **JOLLOF RICE**

Rice, chickpeas, cabbage, tomato paste, potato, sunflower oil, salt, fresh coriander, Indian spices, chili powder, green peace, turmeric, sugar, asafoetida, ginger.

#### **ALLERGEN ADVICE**

All allergens are highlighted in **Bold** and **Underlined**.













### **DESSERT (REGULAR) INGREDIENTS**



#### **CARROT CAKE**

Self-rising flour (gluten), sugar, baking soda, baking powder, lemon juice metabisulphite(sulphite), milk, vanilla essence, cinnamon powder, sunflower oil, carrot.

#### **APPLE CAKE**

Self-rising flour (gluten), sugar, baking soda, baking powder, lemon juice metabisulphite(sulphite), milk, vanilla essence, cinnamon powder, sunflower oil, apple.

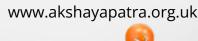
#### **PEAR CAKE**

Self-rising flour (gluten), sugar, baking soda, baking powder, lemon juice metabisulphite(sulphite), milk, vanilla essence, cinnamon powder, sunflower oil, pear.













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# DESSERT (GLUTEN FREE & DAIRY FREE) INGREDIENTS



#### APPLE / CARROT CAKE

Flour blend (rice, potato, tapioca,maize, buckwheat), raising agents (mono- calcium phosphate, sodium bicarbonate), thickener (xanthan gum), sugar, baking soda, lemon juice, (<u>sulphate</u>), <u>soya milk</u>, vanilla essence, cinnamon powder, sunflower oil, apple.

#### **APPLE / PEAR CAKE**

Flour blend (rice, potato, tapioca,maize, buckwheat), raising agents (mono- calcium phosphate, sodium bicarbonate), thickener (xanthan gum), sugar, baking soda, lemon juice, (sulphate), soya milk, vanilla essence, cinnamon powder, sunflower oil, apple.



All allergens are highlighted in **Bold** and **Underlined**.



