

# HOLIDAY CAMP

## JOY SPORTS ACADEMY



**AGES**  
4-16

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

**PAID**

☐

9am - 1pm = £25  
9am - 5pm = £37

**FSM**

☐

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

FREE HOT  
VEGETARIAN  
MEALS

## Multi Sports Camp

### 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 QR 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.



**Holiday  
Activities  
and Food  
Programme**



**youngharrow**  
foundation

**HAF**  
IN HARROW

  
Department  
for Education



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-5pm = £37

#### **FSM:**

9am-1pm = FREE

9am-5pm = FREE

**For more information, please contact:**

**Mr Patel on email: [enquiry.jsacamps@gmail.com](mailto: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 activities				
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 medals 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.

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.

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.

### TOMATO BASIL PASTA

**Durum wheat,**  
**semolina(gluten)**, 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

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

### 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

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



### G&D T PASTA (COLD)

Chickpeas, gluten-free flour (rice, potato, tapioca, maize, buckwheat), pepper, black pepper, sugar, mixed vegetables, asafoetida, 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.





### 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.



### 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, **(sulphate)**, **soya milk**, 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.