



## **Holiday Activities and Food Programme Christmas 2021**

Dear Parent/Carers,

Shear Soccer is delighted to be delivering a 'Free Holiday course' named 'Fit and Fed' during the Christmas Holidays for children who are eligible for free school meals (FSM).

### **CHRISTMAS DISCO. ENTERTAINMENT AND CHRISTMAS DINNER**

Venue: **Brixham Rugby Club, Astley Park, Brixham, TQ5 9ED**

Dates: **Monday December 20<sup>th</sup>**

Times: **5pm until 8pm**

Ages: **Boys and Girls Aged 5-14 plus families.**

### **FOOTBALL, MULTI SPORTS AND DINNER**

Venue: **Brixham Sports Centre, Lytes Road, Brixham, TQ5 9SN**

Dates: **Wednesday December 29<sup>th</sup>**

Times: **5pm until 8pm**

Ages: **Boys and Girls Aged 5-14. Families will be invited from 7.15 for Dinner**

- **You can book on to both**

The days will consist of lots of football and a variety of different activities that will include some 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 cooked lunch each day, fruit and water, however it is recommended that children bring plenty of extra fluids with them which can be taken outside when participating in the sporting activities. We will provide a wide range of activities and entertainment

Numbers are strictly limited to only **30 spaces** 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 the below link:

[www.shearsoccer.co.uk](http://www.shearsoccer.co.uk) (Fit & Fed FSM)

All children who attend the course must have a parent/carer sign them out after each session, coaches will not let children leave the premises unless a signature has been obtained, so please expect a telephone call if you have not signed for your child.

Children will need to bring suitable clothing for the weather including coats if it is raining as some of the sporting activities are likely to take place outside. All sessions will align the safety measures put in place from the Government and the FA during the Covid 19 period.



Our coaches are CRB checked, hold a UEFA/FA coaching qualification and 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 07967124844 or email: [info@shearsoccer.co.uk](mailto:info@shearsoccer.co.uk)

Kind Regards,

Adam Shearer  
Shear Soccer