



Energy**Kidz**

# PARENT NEWSLETTER

brought to you by Energy Kidz your school's Wraparound Care partners



## LATEST NEWS

Energy Kidz, our school partners continue to demonstrate their passion and drive to make a positive impact on children's lives. Together we are committed to ensuring all our children have opportunities to keep active, engage in fun and enriching experiences, interact with friends and build a range of key skills at our Energy Kidz Wraparound Care Club. This parent newsletter provides exciting information about what's to come at our Wraparound Care Clubs in 2021, useful parent updates and fun activities for families to try at home!

As the Trusted Provider throughout the pandemic, Energy Kidz continue to highlight and expose the impact the pandemic has had on the younger generation and lead the drive to ensure children can continue to enjoy integral social, physical and mental childhood experiences, socially, in a fun and engaging environment. Their market leading renewed safe practice measures has been successfully integrated throughout lockdown and beyond to ensure our Energy Kidz Wraparound Care Club will continue to be an engaging & safe space in 2021. Find out more via the Energy Kidz website.

**BOOK NOW!**



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# 2021 ACTIVITIES



## What's on offer in 2021... A word from Energy Kidz!

There is plenty to look forward to at our Wraparound Care Clubs as we enter the New Year's Spring Term! 2021 will see the return of all your favourite club activities which include: lots of sports & movement, team games, arts & crafts, messy play, wacky science and much more!! Further to this, the integration of our weekly wellbeing theme will ensure children discover a new & exciting programme for the upcoming term with their #WellbeingWarrior Weekly Challenges.



**Recruiting for 2021 #Wellbeing Warriors Part 2... Are you up to the challenge?** Energy Kidz' action packed schedule is offering new and existing #WellbeingWarrior recruits the chance to enhance their capabilities to become, creative thinkers, active global champions, happy, healthy and emotionally savvy individuals who are equipped for a world that is yet to be imagined!

Activities will include emulating the heroes of 2020 with a number of first aid skills, explore the endless possibilities of creative construction with a den building competition & learn the sweet satisfaction of healthy living by creating your own nutritious snacks...

## BOOK NOW!



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# SECURE YOUR SPOTS!



Energy Kidz are delighted to announce that sessions for the new Spring Term in January 2021 are now LIVE. To ensure your child doesn't miss out in 2021, we encourage all our parents/guardians to book their child's place at their Wraparound Care Club today!

Book now... Pay later... Energy Kidz' flexible online booking system can ensure your child doesn't miss out on all the benefits a Wraparound Care Club can bring throughout the year with an option to pay by an easy instalment plan.

**REMEMBER!  
WRAPAROUND CARE CLUBS  
ARE A GREAT WAY TOO...**



- ✓ Enhance Wellbeing - reduce stress, anxiety and increase activity
- ✓ Engage in fun activities outside of the school day or home environment
- ✓ Enjoy a change of scenery during lockdown
- ✓ Experience positive social interaction with friends
- ✓ Provide parents with peace of mind that children are safe and having fun
- ✓ Build confidence during this challenging time through fun activities
- ✓ Keep active with a wide range of activity options
- ✓ Discover new and engaging activities delivered by expert activity leaders
- ✓ Give children fun activities to look forward to
- ✓ Access affordable and safe childcare

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# ACTIVITIES FOR FAMILIES TO TRY AT HOME



## REFLECTION

As we approach the end of this year, and what a year it's been, it is an important time to spend reflecting on the positives that we can take from this year. Why not use an old jam jar, which your child/ children can decorate, and write on pieces of paper things that you have enjoyed this year. Go back through photos on mobile devices of things you have done together, print the photos and include in the jar or get your child to recreate the photo using craft materials. Enjoy the time together remembering the positives.

## TRY IT AT HOME OR EXPERIENCE IT IN OUR CLUBS!

Find yourself some room and get ready to move with the bounce & shake squat challenge. List 5 exercises or try our suggested below!

1. Star Jumps
2. Knees Up
3. Burpee
4. Lunges
5. Jump Squats

### CHALLENGES:

**PACE** - How quickly can you do the challenge? Time yourself and record the results!

**STAMINA** - How many times can you do the whole challenge in 1 minute?



## BOUNCE & SHAKE SQUAT CHALLENGE

# BOOK NOW!



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