

HOLIDAY ACTIVITIES AND FOOD (HAF) PROGRAMME

STRONG HUMANS CLUB

The aim of the HAF programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition, as well as being more engaged with school and other local services. This summer in partnership with CrossFit Newbury we will provide students the opportunity to attend a four-day CrossFit camp. The Strong Humans club is for secondary-aged students between the ages of 11-16. Our mission is to help students feel strong, mentally and physically, by teaching them about strength training in a positive learning environment full of encouragement and fun. In addition to the strength and conditioning sessions, we will provide a hot nutritious lunch as well as enrichment activities for the students.

This programme is **FREE** for students aged 11-16 who receive free school meals, and we are prioritising bookings for these young people. To book a place please scan the QR code.

The dates for the activities are:

Monday 24th July 10:00 - 14:30

Tuesday 25th July 10:00 - 14:30

Wednesday 26th July 10:00 - 14:30

Thursday 27th July 10:00 - 14:30



BOOKING
FORM



MENU

If you have any further questions, then please contact skenneally@trinity.newburyacademytrust.org

"It is our guiding principle that student achievement is at the heart of all we do"

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