



Garforth, Aberford & Micklefield  
**Extended Services**

## Garforth Cluster Holiday Programme 2017

### Summer Holidays 2017

#### BOOKING FORM

PLEASE READ THE FOLLOWING PAGES  
CAREFULLY AS FORMS THAT ARE  
INCORRECTLY COMPLETED WILL NOT  
BE ACCEPTED.



31<sup>st</sup> July –  
17<sup>th</sup> August

#### What to do:

1. Complete both the parental & registration forms
2. Tick the activities you want on the booking form
3. Make cheques payable to '**Garforth Academy**  
No bookings will be accepted without payment;
4. Return the form and payment to :-  
Summer Holiday programme 2017  
C/o reception Desk,  
Garforth Academy  
Lidgett Lane, Garforth  
LS25 1LJ

**\*\*PLEASE NOTE\*\***

**THE DEADLINE FOR THE RETURN OF FORMS**  
**Wednesday 19<sup>th</sup> July**

#### **\*PLEASE NOTE\***

**PLACES WILL BE ALLOCATED ON A FIRST COME FIRST SERVED  
BASIS, SO GET YOUR FORMS IN FAST!!**

**You will be contacted by Thursday 20th July if activities are full and  
your child has not been allocated a place.**

## **Talking Teens 12-18 years**

### **Information for parent/carers**

Teenagers are rewarding, stimulating and fun, but being a parent can be stressful and challenging.

The Talking Teens Parent Group helps deal with those challenges so you can have a calmer, happier family life.

### **What does it cover?**

Over the 4 week programme you will look at lots of different topics, including:

Being a parent of a teenager; The role of parents for teenagers; Responding to difficult feelings

Understanding your teenager; Understanding teenage development; Parenting styles; Praise and criticism

Communicating with your teenager; Talking and listening; Handling difficult situations

Managing conflict; Rules and boundaries; Problem solving

**For more information about the programme contact Nicky Collins or Paula Green on 0113 2127175/2127145**

For further up-to-date information about activities and events in your area, go online to:  
<http://www.breezeleeds.org>

<b>WEEK ONE</b>
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**YEAR 6 ONLY**

**Cost £**

**Tuesday 1st August**

AM Angels & Butterflies ( ) £10

**Wednesday 2nd August**

AM Activity Day Herd Farm ( ) £10

**Thursday 3<sup>rd</sup> August**

AM Angels & Butterflies ( ) £5.00

**WEEK TWO**

**Cost £**

**Tuesday 8<sup>th</sup> August**

AM Family Trip to Skegness £10 per family

- One booking form per family  
Maximum 2 adults 3 children per family.

Name of adult 1 .....Name of Child 2.....

Name of adult 2..... Name of child 3.....

**Thursday 10<sup>th</sup> August**

AM Alton Towers ( ) £25.00

**(Current Year 7 and above only)**

**WEEK THREE**

**Cost £**

**Tuesday 15<sup>th</sup> August**

AM Family Trip to Bridlington. £10 per family

- One booking form per family  
Maximum 2 adults 3 children per family.

Name of adult 1.....Name of child 2.....  
Name of adult 2..... Name of child 3.....

**Thursday 17<sup>th</sup> August**

AM Alton Towers ( ) £25.00  
**(Current Year 7 and above only)**

# **The Nurturing Programme 3-18 years**

**Information  
for parents  
and carers**

**How to get the best out of family life**

## **What is the Nurturing Programme?**

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

## **What does it cover?**

Over the 10-week Programme, you will look at lots of different topics, including:

**Understanding** why children behave as they do

**Recognising** the feelings behind behaviour (ours and theirs)

**Exploring** different approaches to discipline

**Finding** ways to develop co-operation and self-discipline in children

**Learning** the importance of looking after ourselves

**For more information about the programme  
contact Nicky Collins or Paula Greene on  
0113 2127175/2127145**

**Registration Form**

Student's Name: \_\_\_\_\_  
Student's Date of Birth: \_\_\_\_\_  
Name of Parent/Guardian: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Post Code: \_\_\_\_\_ Home Tel No: \_\_\_\_\_  
Which school do you attend? \_\_\_\_\_ Class: \_\_\_\_\_

**Medical Information**

Name of Doctor: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Post Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Does the student have any behavioural/medical/allergies or other conditions we need to know about? **Y/N**  
If Yes, please let us know what they are: \_\_\_\_\_  
Has the student had a tetanus injection in the last 5 yrs? **Y/N**  
Will the student be bringing any medication with him/her? **Y/N**  
If yes, please tell us what this is: \_\_\_\_\_

**Emergency Contact Details**

Please give the contact details of two people we can contact about the student if we need to. Please note, one contact **MUST** be contactable at all times in case of emergency.

1. Name _____	1. Name _____
Address _____	Address _____
_____	_____
Tel: _____	Tel: _____
Mobile: _____	Mobile: _____
Relationship _____	Relationship _____
to student _____	to student _____

**You can contact us on:**  
0113 2127127 (during school hours) 0113 2127146 (Term Time Only) Mobile 07931692103 email, [elliotts2@garforthacademy.org.uk](mailto:elliotts2@garforthacademy.org.uk)

## Parental Agreement

I (please print your name in capitals).....

understand the need for (Student's name).....

to behave appropriately during any activities. I understand that should he/she not do so, I may be asked to come and take him/her home and he/she may not be allowed to attend any further activities during the scheme.

**DATA PROTECTION ACT:** We will be keeping all information in accordance with the data Protection Act. This means we will not use for any purpose outside the Holiday Programme without your permission.

For promotional purpose we may be taking photographs during the programme. Are you happy for your child to bincluded?

**Y / N** (please delete as appropriate).

**Signed**.....**Date**.....

### **Young People's Emotional Wellbeing and Mental Health**

All children and young people experience anger, anxiety and other difficult feelings as a part of growing up. But when these feelings start to get in the way of everyday life, it might be time to think about getting some support.

Mindmate website, [www.mindmate.org.uk](http://www.mindmate.org.uk)

Lots of useful information and links to relevant services for parent/carer and young people