

DISCOVERY'S FIT AND FED SUMMER SCHOOLS



Over the 2019 summer holidays, the Trust was able to secure funding from the local authority to run two Fit and Fed summer schools for Discovery children, based at Oakwood and Weston Mill. The Fit and Fed programme is part of a bigger project funded by the Department for Education. Nationally, only 11 projects were awarded funding and Plymouth was the only successful bid in the South West.

Our Fit and Fed holiday clubs provided a safe and fun environment for the children, where they could experience a wide range of amazing activities including sports, dance, arts and crafts – everything from bubble football, circus skills and yoga to trying new foods and trips to the Aquarium and Dartmoor Zoo. Every child also received a healthy nutritional meal each day. They also had the chance to make friends with children from other Discovery schools. A big thank you to Discovery staff for their time and commitment over the summer break.

The children had some lovely things to say about their experience of Fit and Fed:



"It made my holiday better because I had lots of things to do. I liked going on the trips and the circus man was really fun. I was really good at plate spinning, which was great because I didn't think I would be that good."

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"Going to summer school was better than staying at home during the holidays as I got to see all my friends and it gave my mum a break. You could have more sibling time too, where we got to do all different activities together. The best bit of summer school was the water fight on the last day when we got to soak the adults."



"We really liked it, it was better than being stuck inside playing my Xbox all the time. We did loads of fun stuff whilst having fun – keeping fit and healthy. It made summer more fun for me and my brother – he could spend some time with his friends before going to secondary school. I like the summer holidays but I get bored sometimes – and I wasn't bored at summer school!"

"I would definitely go to Summer School again because I got to do things that I wouldn't normally do in the holidays. I didn't know I was going to do all those fun things. I liked going to Jump and Clip and Climb the best - next time can we get to the trampoline park?"

