



INFORMATION FOR TEACHERS

Thank you for taking the time to organise an A-life visit for your school. We believe children taking part will have a great day of fun and learn valuable lessons about healthy lifestyles. Please read this short leaflet carefully as it has some essential information to help the day run smoothly and ensure that your pupils get the most from their A-life day.

Before our visit

Here is a helpful tick list of things to do before we arrive:

- Click on the link in the email we sent you to confirm your booking
- Arrange a parking spot for our van please! (At least for unloading if parking is an issue – please let us know if this is the case so that our coach is aware when he/she arrives.)
- Inform the caretaker that we will be arriving around 7.15am to set up and advise the caretaker which hall/room we will be using
- Read the requirements below to check you have the equipment we need and where it can be found

Healthy Workshops

Our coach will arrive at your school approximately an hour and a half before the first session, to set up and arrange the activities around the room. Parents are welcome to support pupils during the workshops (**in fact, we strongly advise schools to organise some adult helpers/older pupils to support Nursery-Year 2, as the activities involve some reading**).

For the healthy workshop, your school will need to provide:

- A hall or large room
- 10-12 tables
- 8-10 gym mats
- 1 bench

Fitness Sessions

Our fitness sessions are very active, so we highly recommend that pupils wear suitable footwear (or bare feet) and PE kit. However, this will be at the teacher's discretion and up to them to enforce. On the day, the coach will assess the safety considerations and space available. There is a maximum of 60 pupils per session. During the fitness sessions, for safety reasons, we advise that parents do not take part or attend, so that there is enough space and the children can concentrate.

For the fitness session, your school will need to provide:

- A hall or large room (fitness sessions can be carried out outside, weather permitting)
- 8-10 gym mats
- 2-3 benches

7-day Online Healthy Challenge

This interactive health quiz is great fun and educational, maintaining and fostering children's interest in what they have learnt during the A-life healthy school day. As pupils log their activities throughout the seven days and answer questions (5 questions a day) about healthy living, fun characters reveal facts and tips, teaching children computer skills as well as covering much of the curriculum for PSHE and healthy living. When the challenge has been completed, each pupil can print out a personalised certificate, showing a 'health score' and a 'brain score'.



Alcohol and Drug Awareness

This session is for Year 5 upwards. The sessions are best carried out in a hall but can be run in a large classroom. As there is some equipment and set up involved, classes may lose time if we have to move from classroom to classroom.

For the Alcohol & Drug Awareness session, we ask your school to provide:

- A hall or large room with access to use a PowerPoint, either an interactive white board or projector (if possible it would be best to run all the alcohol & drugs sessions from the same room throughout the day)
- 2 tables

Special Needs and Disabled Students

We ask that you make us aware of any pupils with disabilities or special needs at least two weeks prior to our arrival so that we can tailor our sessions to the range of abilities. You can do this when you confirm your booking or by emailing info@a-life.co.uk

Terms and Conditions

Health & Safety

This is of paramount importance to us and before each session our coaches check against our company risk assessment (this is available to see on request). If the coach believes pupils are acting dangerously, the session may be cut short. A-life will not accept responsibility for any injuries. If your school feels it necessary to gain parental consent, we have a consent form we can send you, but please note this is optional to fill in and not required by A-life.

Payment

You will receive an invoice which will be emailed on the first day of our visit (or dropped into the school office on the day by your coach), which is to be paid by Bacs (preferably) or by cheque (made out to A-life Limited) within 30 days of the invoice date.

Account Name: A-life Limited

Account Number: 73287130

Sort Code: 20-91-79

Changes & Cancellations

Please contact us as soon as possible if you require any changes to the agreed timetable and we will do our best to accommodate these. If the date is changed with less than 7 days' notice, we will need to charge £150 per day. For complete cancellations less than 7 days before the day, the amount payable shall be the full amount.

Disclaimer

We are proud of our reputation for quality service provision, promptness and efficiency. We recognise the importance of keeping to timings and always endeavour to ensure prompt arrival and completion of sessions. However, unforeseeable circumstances outside of our control can occur and we are unable to guarantee specific times accordingly.

Should you have any further questions, please don't hesitate to contact us prior to our visit.

We look forward to coming to your school!

The A-life team

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