

NEW

Character and Mental Wellbeing

PROGRAMME



'A subsidised programme to help schools in Wales support their staff and children with character education' Resilience, Mental and Physical wellbeing'



CJ'S[®]

Education Services





Character and Mental Wellbeing

PROGRAMME

CJ's Education Services

Since September 2009, our founder, Mike Hamilton, awarded an OBE for services to young people in the 2019 Honours List, former veteran and lecturer, successfully received grant funding from the Department for Education (DfE) to support pupils, parents, teachers and schools nationwide with building essential life skills, supporting positive behaviour changes and working alongside senior leaders with school improvement plans.

Since 2012 the DfE have funded our programmes and most recently we are supporting opportunity areas across the country with Character Education. The organisation has expanded from 2 Instructors in the North West to over 50 full-time staff delivering our Commando Led programme in thousands of schools nationwide!

Our whole ethos is based around a whole school approach, we believe that parental engagement, whole-school buy-in and giving children a lust for learning, coupled with a thematic approach to the curriculum ensures success!

Forces Fitness

Forces Fitness is a multi-award-winning company that provide many education and training programs with a large focus on Health, wellbeing and building resilience for learners. Their team of qualified Teachers and Instructors have delivered sessions to over 130 paces of education in Wales and to over 15,000 learners. Their Company has been operating since 2008 and has gained a reputation for being the lead organisation in Wales to operate within schools to improve pupils health and wellbeing. The Company was founded by Sean Molino BCA a former British Army Physical Training Instructor that served within the 1st Battalion Welsh Guards. In 2019 Sean was invited to the Palace of Westminster to be Awarded a British Citizen Award for his contribution to Health.

All the Forces Fitness team have a passion for Health and Wellbeing and improving their learners' lifestyles! The program helps their attendees understand how to maintain a healthy body and healthy mind whilst building resilience – The team firmly believe that **Positivity breeds Positivity** and they are here to inspire our future generation!

FF will be on hand to deliver the programme to your pupils across the following areas;

- Caerphilly**
- Rhondda Cynnon Taff**
- Vale of Glamorgan**
- Neath Port Talbot**
- Bridgend**
- Swansea**
- Camarthen**



Introductory offer! Only £2,250 per year



Top Secret Box (worth £1,498)

With tyres and barrels included for school to keep forever!

Plus:

Full staff training day or Twilight on school site

KS1 and KS2 curriculum pack
Transition programmer Operation New Beginnings Homework and factsheets

Full school access to the online portal, including videos

Two free places at the National 'Commando Joe's' Conference (worth £500 per ticket)

EYFS full curriculum pack

Over 350 suggested missions/lessons

Online measurement/impact tools to measure progress of Character

CJ's Parents Portal access worth £50 per year per family

Plus - 1 x Full day of delivery from FF for the whole school, every year!



PARTNERSHIP BENEFITS	BRONZE <small>*Introductory Offer £2,225 PER YEAR</small>	SILVER <small>£3,500 per year</small>	GOLD <small>£5,500 per year</small>
Digital Online programme access for every teacher in schools - EYFS - KS1 - KS2 - Transition programme			
Hard copies of the programme resource packs <small>*RRP £500</small> - Additional copies £150 each			
CO-JO Top Secret Box Includes all the resources to deliver the programme <small>*RRP £1,498</small>			
Online digital video training Can be done when suits staff and supports new staff members			
Updates to existing programmes			
Character and Inspiring Leaders Conference 2 x Tickets every year <small>*RRP £500</small>			
Virtual support from CJ's HQ			
Online measurement/impact tool for pupils and staff Including online certificates			
Commando Joe's full staff training day Or twilight for the whole school			
1 x Forces Fitness Secret Mission Takeover Day 1 full day of FF Provision working with the whole school			
3x Forces Fitness Secret Mission Takeover Day's Delivering Character Top Secret missions 1 day each term			
6 x full days delivery from Forces Fitness Delivering Character Top Secret missions – 2 days per term			

*CJ's programme is part of a subsidised 4-year programme. CJ's will invoice £1,750 + VAT per year and Forces Fitness will invoice separately.

Please contact CJ's HQ via email or telephone to book a no-obligation virtual meeting with the team to tell you more about the programme.

Alternatively, please email sean@forcesfitness.co.uk who is based in Wales



Info@commandojoes.co.uk
 Carolw@commandojoes.co.uk



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