



OUR FAMILIES GUIDE

All your family needs to know
about our programmes



FÁILTE

WE ARE SHERPA KIDS!

Sherpa Kids Ireland has been delivering the best experiences for children for 10 years, earning the trust and confidence of families and schools in over 90+ locations across the country.

Sherpa Kids believes in creating an exceptional experience for children during their time in any of our sessions and that is why our daily schedules are carefully designed to cater for each child's unique talents and interests ensuring they will have a great time with us.

Sherpa Kids is known to provide high-quality Before, After School and Holiday Programmes driven by a passionate team committed to our daily mission: to support Ireland's families and make a difference in children's lives!



90+

Sherpa Kids Open in
Ireland.



5K+

Children welcomed every day.



300+

Play educators
nationwide





What makes Sherpa Kids special?



Sherpa Kids believes in creating an exceptional experience for children during their time with us and during school closure periods. Our programmes are designed to empower children's voices by letting them choose how they spend their mornings and afternoons, creating a treasure trove of happy memories.

With a variety of exciting activities and games suitable for all ages, skill levels, and interests, our daily schedules are carefully designed to ensure children will have a great time with us and always want to come back!

Rise then Shine (Before School)

Junior / Infant Hour Stay & Play

Stay And Play (After School)

Holiday Programmes

HOW DO WE DO?

- Promoting a healthy lifestyle every day
- Allowing children to express themselves
- Develop children's social skills
- Boosting children's sense of security and self-confidence
- Encouraging a love for learning through engaging games and adventure activities
- Supporting each child's well-being with our programmes
- Extended Hours: We offer extended days (up to 6 pm)
- Flexible bookings (less than 5 days and change options) to accommodate parents' needs
- Convenient Locations (on school grounds)
- Engaging Theme-Based Activities: No two days are the same
- Meals Provided: Daily nutritious breakfasts and snacks at no additional charge
- Affordability: We accept the NCS in all our term-time and holiday programmes, starting at a minimum of €2.14 off per hour of your bill

RISE THEN SHINE: STAY AND PLAY



OUR TERM TIME ACTIVITIES

SHERPA KIDS ADVENTURE PROGRAMME

Our Adventure Programme has 7 categories giving children the opportunity to develop life skills, explore their interests through specially designed experiences and a variety of activities. Based on our key development pillars, children are empowered to drive their learning journey and to actively participate in activities through sharing their own feedback and ideas.



Super Sports

Super fun and sporty sessions designed to develop essential skills for a lifetime of active living.



Power Teams

Join in fun games, thrilling challenges and exciting group activities to build team skills for life.



Wellbeing Warriors

Discover a range of activities specially designed to help you feel good by boosting happiness, mindfulness, and well-being.



Creative Inventors

Engage in creative activities that combine expressive arts, materials and crafts to fuel children's inner inventors and unlock their hidden talents!



Global Kids

Embark on a journey to become a better global citizen and protect our planet through developing essential life skills and exploring the world around us.



Brain Boosters

Crack codes, solve puzzles, and engage in captivating games and science experiments. Explore the wonder of the world with hands-on STEM activities.



Flavour Fest

Explore the tasty world of food and nutrition through fun and interactive experiences created to develop healthy habits.

- Child Led Programme with engaging weekly Kid's meetings
- Adventure Box Kid's meeting takes place each week to choose their adventure
- Over 30 activities to choose from in each category
- Menu Planners to support a healthy breakfast and after-school snacks



Creating the best start to the school day
with Sherpa Kids Rise then Shine



Where friendships are made and
unforgettable memories are created!



RISE THEN SHINE



BEFORE SCHOOL

CREATING THE BEST START TO THE SCHOOL DAY WITH SHERPA KIDS RISE THEN SHINE

Our Rise then Shine (Before School) Programme is a seamless solution for busy parents with tight schedules in the morning. Located within your child's school, we offer a calm and engaging start to the day, with nourishing breakfast and focused well-being activities. Our commitment extends to easy drop-offs, making mornings stress-free for families.

A TYPICAL MORNING AT SHERPA KIDS...

To ensure a joyful start to the day for children, Sherpa Kids follows a morning routine designed to keep them engaged and promote well-being. A typical morning at Sherpa Kids "Rise then Shine" may include the following activities:

SAMPLE TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am - 7:45am	Early Start				
All Session	Tasty & Healthy Breakfast				
7:45am - 8:30am					
8:30am - 9am	Reflection & Ready for School				

BENEFITS FOR FAMILIES:

- Hassle-free, end-to-end service at schools
- Early start for children, extended hours for working families
- Drop-off typically begins at 7:30 a.m
- Passionate, highly experienced childcare experts
- Well-being philosophy with activities promoting happiness, mindfulness, and kindness
- Adventure Programme activities like Wellbeing Warriors and Flavour Fest in the morning





AFTER SCHOOL

WHERE FRIENDSHIPS ARE MADE AND UNFORGETTABLE MEMORIES ARE CREATED!

Our Stay and Play (After School) Programme delivers a world of endless possibilities for children! With our innovative approach to school-age childcare, we offer a wide range of exciting activities through our Adventure Programme, opportunities to forge new friendships and non-stop fun that keeps boredom at bay.



JUNIOR / INFANT HOUR *Have you heard about Junior/Infant Hour?*

It offers a seamless solution for parents as our team collect the younger children (Junior & Senior Infants) after school and providing expert care until older siblings (1st to 6th class) are ready for pickup, eliminating the need for multiple collection trips.

SAMPLE TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1:10pm Junior Hour	Junior Infants Arrive				
1:10pm - 2:10pm	Junior Hour Sports & Games				
2:10pm - 2:45pm Juniors Collections & Seniors Arrival	Set bags & rooms. Mindfulness Check-in. Lounge Wind-Down. Board Games				
2:10pm - 3:15pm Wash Hands & Snack					
3:15pm - 3:45pm	Quiet-Time Home Work Time.				
3:45pm - 5:30pm Adventure Programme					
5:30pm - 6pm	Finish Up Projects & Home Time!				

*Please note, times vary from school to school. This is just a sample.

OUR HOLIDAY ACTIVITIES



HOLIDAY HQ: WE ARE THE EXPERTS IN FUN!

Sherpa Kids Holiday HQ is the ultimate destination for kids seeking an unforgettable break from their school routine. From thrilling outdoor adventures to creative workshops, cooking classes, and interactive learning sessions, our expert programme team offers a dynamic mix of engaging activities and enriching experiences.

We also ensure that every child's holiday is not just entertaining but an opportunity for growth. Helping them to build new friendships, explore their interests, and return to school with unforgettable memories. We're the experts in fun!

EXPERIENCE TYPES:

At Holiday HQ, every programme is packed with exciting activities to keep the children entertained and engaged. From take-home creations to exciting special events, we offer a range of fun experiences tailored to spark imagination and creativity. Check out our experience types below:



Daily Themed Activities

Children will dive into a new adventure every day with our exciting daily-themed activities! Each school holiday features a special overarching theme, introducing something new daily, with two hero activities that children will love. Our daily plan is packed with a mix of fun, including both planned activities and children's own ideas, ensuring every day is a chance to create unforgettable memories.



Make & Take

Children will create their own unique masterpieces to take home as a Holiday HQ souvenir! Whether it's arts and crafts, DIY science experiments, or designing their own t-shirts and hats, every creation becomes a special keepsake from their time at Holiday HQ.



Our Special Events

Our Special Events take place during the holiday programme week and include dance parties, sports clinics, hands-on cooking experiences, special guest visitors, and even excursions. These events are designed to elevate each child's experience, making their holiday programme even more memorable and exciting!

BENEFITS FOR FAMILIES

- Fun-packed, exciting, themed programmes for 4 to 12-year-old children
- Extended hours for working families (From 8:30am - 5:30pm)
- Nutritious, healthy snacks are included for the children to stay all day
- All families can apply for a subsidy (discount) under the National Childcare Scheme towards their Sherpa Kids fees, since we are a TUSLA-registered provider of services. In order to register for the NCS please visit: <https://www.ncs.gov.ie/en/>



HOLIDAY PROGRAMMES

We believe in offering consistency and continuity for families by providing engaging and enriching experiences for children when the school is closed. Our daily schedule, therefore, is carefully designed to differentiate from school and add the 'Wow' factor to the holiday season. By designing our themes and activities around children's interests and individual talents, we will ensure they make unforgettable memories with us and that every day is a new adventure waiting to happen!

A TYPICAL HOLIDAY PROGRAMME AT SHERPA KIDS...

During our themed play-based weeks, such as "Water Week," children enjoy a mix of exciting activities centered around the theme. This might include water games, water-based science experiments, and water-themed baking like ice-pops and milkshakes.

SAMPLE TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 9am	Early Start				
9am - 10am	Greetings & Kid's Choice				
10am - 10:30am	First Snack				
10:30am - 11:15am					
11:15am - 12:15pm	Outdoor Games				
12:15pm - 1pm	Lunch	Lunch	Lunch	Lunch	Lunch
1pm - 1:30pm	Kid's Choice				
1:30pm - 2:30pm					
2:30pm - 3:15pm					
3:15pm - 3:45pm	Snack	Snack	Snack	Snack	Snack
3:45pm - 4:30pm	Sherpa Mystery Activity				
4:30pm - 5:00pm	Outdoor Games				
5:00pm - 5:30pm	Extended Day				

*Please note, times vary from school to school. This is just a sample.

TASTY HEALTHY MENU

KEEPING CHILDREN FUELLED AND ENERGISED FOR ADVENTURES ALL DAY

Ensuring a safe and healthy environment is fundamental to our ethos at Sherpa Kids. Our commitment to health and safety extends to compliance with relevant legislation and promoting healthy eating practices. We provide balanced meals to ensure children are fueled and energized throughout the day. Term-time children have breakfast options available in the mornings, and during Stay and Play and holiday programmes, they can enjoy the following choices:

SAMPLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutri Category
Wholemeal/White Bread (GF Alternative) Allergy Advice: Wheat - Contains Barley - Contains Suitable for Vegans	Pita Breads (GF Alternative) Allergy Advice: Nuts - May Contain.	Cream Crackers (GF Alternative) Allergy Advice: Wheat - Contains Suitable for Vegetarians	Rice Cakes Allergy Advice: Sesame - May Contain	White/Wholemeal Wraps (GF Alternative) Allergy Advice: Wheat Soya Flour Barley	Carbohydrate/ Fibre Source
Butter/Cheddar Cheese Allergy Advice: Milk - Contains Suitable for Vegetarians	Butter/Edam Cheese Allergy Advice: Milk - Contains Suitable for Vegetarians	Butter/Cream Cheese Cheese/Slice	Low Fat Yoghurt/Butter/ Cheese Slices Allergy Advice: Milk - Contains Suitable for Vegetarians	Cream Cheese/Butter/ Grated Cheese Allergy Advice: Milk - Contains Suitable for Vegetarians	Dairy
Cooked Ham Slices	Cooked Turkey Slices	Cooked Ham Slices	Cooked Turkey Slices	Cooked Chicken Slices	Protein
Lettuce and Tomatoes Bananas	Melon varieties Apples	Raisins Cucumber Slices	Clementine - Easy Peelers	Sweet Corn Bananas	Fruit/Veg

GF/Dairy Free alternative everyday! Strictly a Nut-Free Zone.

*Please note, our weekly menus are displayed in services for parents and children to see and may vary according to the theme of the week or flavour fest activities. This is just a sample.

- Nutritious food choices: Our menu offers healthy options, prepared according to safety guidelines
- Gluten Free and Dairy Free food options are provided
- NO NUT policy: We strictly adhere to NO NUT policy for allergy accommodations
- Medical and health needs: We ensure all medical and health requirements are met, including providing necessary plans
- Legislative compliance: We follow health and safety laws for a secure environment
- HACCP trained staff: Our team maintains food safety standards through HACCP training



IMPORTANT INFORMATION



NATIONAL CHILDCARE SCHEME

Our commitment is also to ensure that every family can access high-quality childcare at an affordable price. We are Tusla registered service provider, which extends our reach to even more families, enabling them to apply for the National Childcare Scheme (NCS). Each child will be entitled to receive a minimum of €2.14 per hour deducted from their childcare bill (this is a non-means-tested rate) and up to €3.75 per hour (a means-tested rate). Our dedicated team provides unwavering support and guidance to families through each step of the application process, ensuring they receive the benefits they are entitled to.



HOW TO REGISTER & BOOK

- 1 Visit [Our Locations](#) Page:** Head to the Our Locations page on our website to explore available venues and services.
- 2 Choose Your Service and Book:** Select the service you want (Rise then Shine, Stay and Play, or Holiday HQ) and click Make a Booking. You'll be redirected to our new booking system, Enrolmy. From there:
 - Pick your session and view details.
 - Select the days you'd like to book for your child.
- 3 Register and Confirm:**
 - You'll need to register onto Enrolmy and add your child's details, emergency contacts, and complete the safety form on Enrolmy.
 - Review everything and confirm your booking.

Once complete, you'll receive a confirmation email and can manage all your bookings anytime through your Enrolmy account!



NEED HELP?

We offer support to new families on school grounds every day.

- For already registered families: you can reach out to our Programme Coordinators directly at the Sherpa Kids service.
- For new families: you can contact us at info@sherpakids.ie or visit our website www.sherpakids.ie for additional information.

*Please be aware that due to the demand of requests our response time to emails sent to info@sherpakids.ie will be respond within 48 hours (about 2 working days).





CONTACT SHERPA

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