



# Healthy School News

September 2019

In partnership : Health Improvement, Sports Development & School Games.

Healthy Schools Award and Healthy Early Years Status have been updated, new offers are now available. This year we are working closer than ever with a number of organisations to bring you a coordinated offer that supports the new Ofsted framework, and new DoE Health and RSE curriculum. If you haven't already contact Halton Health Improvement team to book a healthy schools visit to sign up.



## CYP Brief Lifestyle Intervention Course



We are surrounded by opportunities to make unhealthy lifestyle choices. Our environment, the availability of unhealthy food and our digital way of living mean that as a population we are less active than ever and consuming excessive high fat, sugar and salt products.

1 in 3 children in Halton are either overweight or obese by the time they leave primary school. This course looks at the food industry and how it impacts on our food choices, and explores ways of supporting these health messages With children, young people and families. Please contact HIT to book on a course (3hr training) next available course is 27th November 09:30 – 12:30.



## E-Safety Training

We are running 2 x CEOP led training events on :

**21<sup>st</sup> January 2019 at Halton Lea Library**

**29<sup>th</sup> January 2019 at Kingsway Library**

These events are aimed at pupils in year 5 and 6 and staff to learn key elements of e-safety & become CEOP Champions within their school.

**Booking is essential**

Merseyside have a **Daily Mile** Officer in post Grace Perry who will support your school to set up Daily Mile



[thedailymile@merseysidesport.com](mailto:thedailymile@merseysidesport.com)

Health Improvement [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

Sports development [sports.development@halton.gov.uk](mailto:sports.development@halton.gov.uk)

School Games [Joseph.Obiro@halton.gov.uk](mailto:Joseph.Obiro@halton.gov.uk)

**Sports Development Summer holiday programme:**

Over the summer holidays Sports Development saw over 700 children attend their programme, this included sessions at Upton and Grangeway Community Centre's, Phoenix Park, Frank Myler Pavilion and Kingsway Leisure Centre. A further 500 children attend Kops and Kids at Brookvale recreation. Sports included: Football, Netball, Basketball, Table Tennis and Tennis to name a few.

We are already organising our October half term activities and more information about sport in Halton please contact: [jenny.illidge@halton.gov.uk](mailto:jenny.illidge@halton.gov.uk)



Starts 2<sup>nd</sup> October  
Kingsway Leisure centre  
6.30 - 7.30pm

£2 per child  
for ages 9+



**active halton DEVELOPMENT**  
**Sport in Halton**

Are you looking to join a sports club in Halton?  
Search our directory of sports clubs on our website  
[www.activehalton.co.uk/club-halton](http://www.activehalton.co.uk/club-halton)

FOOTBALL	SWIMMING	ROWING
RUGBY UNION	TENNIS	HOCKEY
RUGBY LEAGUE	GYMNASTICS	CYCLING
CRICKET	ATHLETICS/RUNNING	AMERICAN FOOTBALL
NETBALL	TABLE TENNIS	DISABILITY
BOXING	ARCHERY	GOLF
MARTIAL ARTS	BASEBALL	BOWLS

Halton Sports Development Team also run school holiday activities for children.  
For more information on holiday activities and other sessions see their social media pages:  
Facebook: Halton Sports Development  
Twitter: HaltonSportsDev

The directory is for information purposes only. It is for individuals to satisfy themselves of the safety of the activity / club.  
The local authority will not be held liable for any harm or injury the participant may suffer at the club / session.

[sports.development@halton.gov.uk](mailto:sports.development@halton.gov.uk) 0151 511 8282



Last year was Halton's greatest ever for School Games Marks and participation in competitions. 30 Schools gained their school Games Marks including 3 Gold and 3 Platinum awards, amazing! please take a few minutes to watch this video, and pass it onto your PE coordinator.

<https://www.youtube.com/watch?v=cjWpfMP6ZgM&t=1s>

**Bike to School Week UK 23rd – 27th September**

Bike to school week celebrates cycling to school and the benefits of travelling actively for children. There are many resources available, including school posters, 5-day pack of daily activities and a video guide., there is also a photo competition. Where sharing photos of cycling to and from school with the hashtag #SustransWin could see one lucky pupil win a brand new Frog Bike. Parents are also invited to download the Sustrans guide that offers tips on cycling, walking and scooting to school. The Bikeability Trust story competition. All entrants of stories about riding to and from school during Bike to School Week will be entered into a prize draw to win a brand new Carrera Abyss 24 inch wheel suitable for 8 – 9 years old: To enter: <https://bikeability.org.uk/your-stories/>

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