



From the Health School Age Operational Group

Training and Events dates please book by emailing [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

### Training

Time to Change FREE training to staff who work with young people aged 11 plus about starting the conversation around mental health and tackling stigma. Monday 2<sup>nd</sup> of December, 3.15pm till 5.15pm- Heath Secondary school, Clifton Road, Runcorn, WA7 4SY.

E-Safety CEOP training For pupils in year 5 and 6 and staff to learn key elements of e-safety & become CEOP Champions within their school. 21<sup>st</sup> January at Halton Lea Library & 29<sup>th</sup> January at Kingsway Library

HIT and Cheshire Police are also looking for a host school to hold our secondary e - safety ambassadors training

Brief Lifestyle Intervention for practitioners – Including healthy eating, sleep and physical activity. CPD accredited.

DATE	VENUE
Tuesday 14 <sup>th</sup> January 2020	Brookvale Children's Centre, Runcorn
Tuesday 18 <sup>th</sup> February 2020	Select Stadium, Widnes
Tuesday 31 <sup>st</sup> March 2020	Brookvale Children's Centre, Runcorn
Friday 22 <sup>nd</sup> May 2020	Select Stadium, Widnes

### Events

RSE and Healthy Curriculum Schools Conference 28<sup>th</sup> January Halton Stadium 9:30 – 12pm



Healthy schools Celebration event - Wednesday 24<sup>th</sup> June Halton Stadium, 9:30 – 11:30 am This years theme will be Physical Activity.



### Healthy schools TIP

Christmas doesn't have to be all about candy canes and chocolate. Get creative and see what festive treats you can create using fruit and veg. These make a great after-school snack or a healthy option for Christmas parties.



More ....



Child Bereavement UK have a new area on their website for schools on dealing with bereavement

<http://sabp.lgfl.org.uk/>

Free, 2k, run for 4-14 year olds

**Phoenix Park**  
**Every Sunday at 9:00 AM**  
(Phoenix Park, Castlefields Avenue East, Runcorn, Cheshire, WA7 2NY)

Register online & print your barcode:  
[www.parkrun.org.uk/register](http://www.parkrun.org.uk/register)

For more information go to [www.parkrun.org.uk/phenix-juniors](http://www.parkrun.org.uk/phenix-juniors)  
Halton sports development team:  
sports.development@halton.gov.uk  
Twitter: @haltonsportsdev or  
Facebook: Halton Sports Development

**Drop-in Sessions**

First Wednesday of each month, 3-5 pm

2<sup>nd</sup> floor Ashley House  
Ashley Way West  
Widnes WA8 7RD

Our monthly drop-in sessions are an opportunity for bereaved children and families, as well as professionals, to learn about Child Bereavement UK. Come along to find out how we support families and provide training for professionals when a child grieves or when a child dies.

**Drop in for an informal and confidential chat with our friendly support practitioners.**

No need to book.  
Revised: A family that has been supported by Child Bereavement UK

[cheshiresupport@childbereavementuk.org](mailto:cheshiresupport@childbereavementuk.org)  
Local service: 01928 577 164 National helpline: 0800 02 888 40  
[www.childbereavementuk.org](http://www.childbereavementuk.org)



**Kidz Christmas sessions**  
**@Kingsway Leisure Centre**

**9<sup>th</sup> – 12<sup>th</sup> December**  
**7 years+**  
**4.30 – 5.30pm**  
**All sessions are FREE**

- 9<sup>th</sup>: Boxing skills**
- 10<sup>th</sup>: Table Tennis**
- 11<sup>th</sup>: Multi skills/Relays**
- 12<sup>th</sup>: Tennis**



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