

HHS Healthy School News

Halton Healthy Schools 2020-21

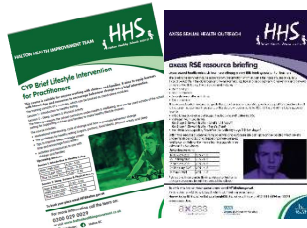
Halton Healthy Early Years Status

February 2021

From the Health School Age Operational Group
To book a place on training email HIT@halton.gov.uk

We have been working hard on our resources pages to support any online health curriculum. Please visit <https://www3.halton.gov.uk/Pages/health/hit/start/swresources.aspx>

Dates for CYP Brief Lifestyle Intervention for Practitioners and access RSE attached to newsletter



"**Living Streets** – is working with Halton Health Improvement Team to support schools to help reduce congestion and pollution outside school gates, increasing safety and improving physical and mental wellbeing of pupils. The WOW Activity Tracker is an online platform encouraging everyday physical activity [WOW Activity Tracker - Everything you need | Living Streets](#)

Schools who have been given the opportunity to take part in WOW this year are,

Brookvale Primary
Fairfield Primary
Hill View Primary
Pewit Hall Primary
St Clements Primary
St Edwards Primary
The Grange Primary site
Victoria Road Primary



For more information contact the Living Streets Schools Coordinator by emailing stephen.whitehouse@livingstreets.org.uk or telephone 07759 850322

GRANT APPLICATIONS NOW OPEN FOR EASTER HAF 2021

Great news!! We are now accepting grant applications for the **Holiday Activities with Food (HAF)** programme Managed by Edsential.

The closing date for Easter applications is 23rd February 2021, so get your applications in quickly! We are also holding a questions and answer session on the **15th February** for anyone who'd like to learn a little more about the programme.

Please click on the link below to apply or sign up for the questions and answers session 😊

[Holiday Activity Fund 2021 – Edsential](#)



The schools mentioned below are schools that have been contacted for the active lives survey. This is an opportunity to receive a Healthy lifestyles report and also vouchers for the school.

Victoria Road Primary School
Fairfield Primary School
St Martins Catholic Primary School
Saint Peter and Paul Catholic College
Orminston Bolingbroke Academy



If any other schools are interested, please contact Amy Fisher, a.fisher@merseysidesport.com

NSPCC

We really appreciate the challenges that schools are facing at the moment and that safeguarding and child protection are as important now as they ever have been. You can find information to support you on our [Coronavirus \(COVID-19\) briefing](#) and on our [Coronavirus: safeguarding and child protection](#) pages

For Families

Parent Bitesize sessions

To book a place on training email HIT@halton.gov.uk

Sleep and Screens		
Wed 24 th Feb	6pm	Online
Tue 30 th March	10am	Online

Mental health and Wellbeing		
Tues 16 th March	6pm	Online

Fussy Eating and Snacking		
Tues 23 rd Feb	1pm	Online
Thurs 25 th March	6pm	Online

HALTON HEALTH IMPROVEMENT
Fit 4 Life Bite Size Sessions

Mental Health and Emotional Wellbeing
Everyone has Mental Health and looking after your child's Mental Health has never been more important. This workshop is based on the 7 ways to wellbeing and will give you tips and advice on how to support your child's mental health. It will look at resources that promote positive mental health and easy techniques you can use to build resilience.

DATE: Wednesday 13th January 10am Online
Thursday 9th February 10am Online
Tuesday 10th March 6pm Online

To book your place, email HIT@halton.gov.uk

These sessions are for parents/carers.

HALTON HEALTH IMPROVEMENT
Fit 4 Life Bite Size Sessions

SLEEP AND SCREENS
Did your children sleep well last night? Did it take them a while to get to sleep? Did you all wake up happy and refreshed this morning? Join us for this bite-size workshop on sleep to explore how the length and quality of our sleep can affect us and our children. We will look at simple changes to routine that can promote good quality, restful sleep. We will also look at how screens affect our children, and how this impacts on sleep quality.

DATE: Thursday 28th January 10am Online
Wednesday 28th February 6pm Online
Tuesday 30th March 10am Online

To book your place, email HIT@halton.gov.uk

FUSSY EATING AND SNACKING
Are meal times a battle? Are your children always hungry or asking for snacks? Is your child reluctant to try new foods? Do you know how hard it can be when children just want treat foods and refuse to eat proper meals? Meal times can be stressful for everyone when children are 'fussy eaters'. We'll support our children to grow up healthy, and to explore alternative ways to get them to try healthy foods. During this session we will look at alternatives to sugary snack favourites, as well as techniques to help your child try and accept new foods.

DATE: Tuesday 18th January 6pm Online
Tuesday 22nd February 10am Online
Thursday 25th March 6pm Online

To book your place, email HIT@halton.gov.uk

These sessions are for parents/carers.

For more information call the team on: 0300 029 0029 or visit www.haltonhealthimprovement.co.uk

Twitter: @HaltonBC Facebook: Halton BC

Bridgewater Community Healthcare NHS Foundation Trust's 0-19 Service (Health Visiting and School Nursing) is introducing a new way for young people, parents and carers to receive confidential information, advice and support via an award winning text messaging service.

Halton 0 - 5 Parents Service: 07507 327025

Halton 5 - 19 Parents Service: 07480 635988

Halton 11 - 19 Young People's Service: 07507 330521

ChatHealth is an anonymous messaging service that provides a safe and easy way for service users to send a message to a healthcare professional and receive confidential help and advice.

For more information, visit chathealth.nhs.uk

Halton 0 - 19 Service
READY
to learn for school for adulthood

NSPCC

Information for parents/carers can be found on our [Coronavirus \(COVID-19\) advice and support for parents and carers](#) page. This includes [working from home](#), [parent/carer mental health](#), [advice for separated parents](#), [managing conflict and tension during lockdown](#), [supporting children with special educational needs](#) as well as our [Net Aware Online safety in lockdown hub](#), co-created with O2.

Follow our Youtube page for Tips on how to become healthier and more active during lockdown <https://youtube.com/playlist?list=PLeXIVsKOQx2YOWNizCgnzm5iLl5Gn9GLQ>