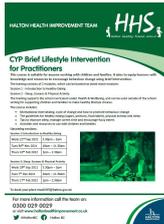


## Staff Training

To book a place email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

<b>CYP Brief Lifestyle Intervention for Practitioners</b>	
Session 1: Introduction to Healthy eating	
Weds 22 <sup>nd</sup> Sept 21	3:30pm – 5pm
Tues 30 <sup>th</sup> Nov 21	10am-11:30am
Thurs 10 <sup>th</sup> Feb 22	1pm-2:30pm
Session 2: Sleep, Screens & Physical Activity	
Weds 29 <sup>th</sup> Sept 21	3:30pm – 5pm
Tues 7 <sup>th</sup> Dec 21	10am-11:30am
Thurs 17 <sup>th</sup> Feb 22	1pm-2:30pm

This course is suitable for anyone working with children and families. It aims to equip learners with knowledge and resources to encourage behaviour change using brief intervention. The course includes motivational interviewing, cycle of change and how to promote behaviour change, the guidelines for healthy eating (sugars, portions, food labels), physical activity and sleep, tips to improve sleep, manage screen time and encourage fussy eaters and activities and resources to use with children and families



<b>Resilience Framework Workshop- 45 minutes</b>	
Monday 20 <sup>th</sup> September	15:30-16:15
Tuesday 19 <sup>th</sup> October	15:30-16:15

This workshop will look at different ways we can support a young person to be more resilient. It will cover examples of how teaching staff have used the 'Boing Boing' framework and will highlight practical tools and approaches that can be used to contribute to building resilience with children when times are especially tough

<b>Children and Young Peoples Mental Health Awareness Training 1 ½ Hours</b>	
Tuesday 14 <sup>th</sup> September	15:30-17:00
Monday 27 <sup>th</sup> September	10:00-11:30
Monday 11 <sup>th</sup> October	15:30-17:00

This training will provide you with an understanding of what Mental Health is and will look at conditions that can impact on children and young people's mental health. The training also provides resources that promote positive mental health through building resilience and wellbeing.



<b>Tobacco &amp; Alcohol</b>	
9 <sup>th</sup> November 2021	3:30pm – 4:30pm
<b>Drugs (Primary – Cheshire Police)</b>	
16 <sup>th</sup> November 2021	3:30pm – 4:30pm
<b>Drugs (Secondary – Early Help Team)</b>	
23 <sup>rd</sup> November 2021	3:30pm – 4:30pm

The training supports the school curriculum under Health & Wellbeing. It will give information and understanding into Risk Taking Behaviours such as:

- What are the impacts risk taking behaviour can have?
- Facts on Tobacco, Alcohol and Drugs
- School Policy - what is it?
- Support Services & Resources

