

From the Health School Age Operational Group

Don't forget to sign up to our Healthy Schools offer and book your in school sessions by emailing HIT@halton.gov.uk

E-bug is a free interactive e-learning tool for educators on microorganisms with resources for key stage 1-4. Designed to complement the national curriculum it includes lessons plans, interactive activities, quizzes, posters, games and much more.

Next date **07/02/22**



contact HIT@halton.gov.uk to book Resource available at <https://www.e-bug.eu/index.php?name=UK-global-teacher-homepage>



Living Streets are working with Halton Council to help promote active lifestyles for all pupils, as well as decreasing congestion around the school gates.

WOW is Living Streets' Walk to School Challenge where pupils log their journeys to school each day on the WOW Travel Tracker. Those that walk to school at least once a week for a month earn a WOW badge, with 11 to collect across the year. It's as easy as that!

Here are just some of the reasons to get involved in WOW:

- Due to funding from the Department for Transport we can offer WOW **FREE** to your school (usually costs £500-£1000 depending on school size)
- On average WOW **increases walk to school rates by 23%** and therefore reduces congestion outside the school gate and helps to tackle rising obesity levels
- WOW is listed as a good practice example to get pupils active in the Public Health document '**What Works in Schools and Colleges to Increase Physical Activity?**'
- Walking to school helps **boost pupil concentration** in class
- WOW can help to **boost Ofsted ratings**
- Pupils can take ownership of WOW (it can be a great project for your **School Council or Eco Group**), and children and staff love it!

To find out how WOW works, please watch our short video <https://www.youtube.com/watch?v=MG0GH0Qgqk8>

To secure your free place, come along to one of our 15-minute, **online Introduction to WOW sessions**

<http://lcrlivingstreets.eventbrite.co.uk/?s=140623679> There will be the opportunity to stay online and ask questions at the end.

If you can't make any of the sessions, but would like to find out more, fill in the form [here](#) and we'll get in touch with you directly.

Staff Training - to book a place email HIT@halton.gov.uk

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

Resilience Framework Workshop- 45 minutes	
Tuesday 19 th October	15:30-16:15

This workshop will look at different ways to 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 building resilience with children when times are especially tough

Tobacco & Alcohol	
9 th November 2021	3:30pm – 4:30pm
Drugs (Primary – Cheshire Police)	
16 th November 2021	3:30pm – 4:30pm
Drugs (Secondary – Early Help Team)	
23 rd 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



'RSPH Level 2 award in Encouraging Vaccination Uptake'.

This FREE training is to target key people within settings to encourage vaccination uptake by becoming champions. We would like to offer this out to the schools as 2 options.

Option 1: Training for managers within the schools system up to have conversations with their staff. (Available for Primary and Secondary)

Option 2: Deliver to the students (year 10 and above only) so they can run their own campaign within the school as peer champions. (Available for secondary only).

The award covers some key areas around vaccinations:

- What is a vaccination program and how it works.
 - How to have a behaviour change conversation with someone.
 - Understanding barriers and vaccine hesitancy.
 - Where to access the most reliable and up to date information.
- email covidtesting@halton.gov.uk for more information and booking.

Holiday Activity Programme – OCTOBER HALF TERM

We are delighted to announce that Halton Borough Council will be funding an additional programme of the Holiday Activity with Food during the October Half term school holidays.



We will be working with a number of providers to offer **FREE** activities with food included, for families who are in receipt of benefits related free school meals.

We have a wide range of activities going on throughout October from Multi sports, Arts and crafts, Halloween themed sessions and much more!

To book on to any of our sessions, please follow the link below and contact the providers direct.

<https://www3.halton.gov.uk/Pages/health/hit/start/haf.aspx>



Bitesize Sessions

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

Fussy Eating and Snacking	Thursday 21 st October Wednesday 17 th November Tuesday 14 th December	10am 1pm 6pm
Sleep and Screens	Friday 12 th November Wednesday 8 th December	10am 6pm
Mental Health & Emotional Wellbeing	Tuesday 19 th October Monday 18 th November Wednesday 1 st December	1pm 6pm 10am

HALTON HEALTH IMPROVEMENT
Fit 4 Life
Bite Size Sessions

Join us for our 1-hour parent/carer workshops:

Sleep & Screens	Fussy Eating & Snacking	Mental Health & Emotional Wellbeing
Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect our children's behaviour and mental health. We will also look at how screens affect our children, and share ideas for managing screen time.	Is your child a fussy eater? In this session we will share tips and techniques to encourage your child to eat more variety. We will also talk through the steps to encourage your child to eat more fruit and vegetables, and share ideas for making mealtimes fun and exciting.	Did you know that your child's mental health has been shown to affect their physical health? This session will explore how mental health can affect your child's physical health and vice versa. We will share resources and techniques to promote positive mental health and build resilience.
MENTAL HEALTH & EMOTIONAL WELLBEING		
Everyone has mental health and looking after your child's mental health has been shown to benefit them. This session will explore how mental health can affect your child's physical health and vice versa. We will share resources and techniques to promote positive mental health and build resilience.		
These workshops are for parents and carers, and will be delivered via Microsoft Teams.		
Choose from the following sessions:		
Sleep & Screens	Fussy Eating & Snacking	Mental Health & Emotional Wellbeing
Wed 22 nd September 10am	Wed 20 th September 1pm	Tue 14 th September 2pm
Mon 27 th October 10am	Mon 25 th October 1pm	Mon 20 th October 2pm
Fri 1 st November 10am	Wed 17 th November 1pm	Mon 14 th November 2pm
Wed 8 th December 10am	Tue 13 th December 1pm	Wed 1 st December 2pm

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