

From the Healthy School Age Operational Group

Don't forget to sign up to our Healthy Schools offer and book your in your school sessions by emailing

HIT@halton.gov.uk

Axess sexual health outreach team are now offering a RSE briefing session for teachers

To support teachers and professionals delivering relationship and sex education (RSE) to secondary school pupils. Axess outreach team have produced an educational resource. This resource supports the school curriculum, providing support for educational staff to implement some of the sexual health elements of the statutory requirements for RSE. The briefing session will include a short zoom or teams presentation which explains the axess RSE resource, how it could work both in the classroom and home learning, top tips for teachers and an opportunity for questions and answers on sexual health topics.

The areas covered include:

- Relationships
- Sex and the law
- Sexually transmitted infections
- Contraception

At the end of this briefing session you will receive:

- A resource guidance aimed at supporting teaching staff delivering RSE
- A key stage 3 student work booklet – What's it all about?
- A key stage 4 student work booklet – There's more?
- Interactive powerpoints for each key stage



Fit 4 Life App Programme

Fit 4 Life has gone digital. We can support families to make healthy lifestyle changes via our 12-week app programme. Details on how to signpost or refer families can be found on the flyer.

<https://www3.halton.gov.uk/Pages/health/hit/sta-rt/fit4lifedigital.aspx>



British Red Cross Coping with challenges/resilience

1 hour workshop suitable for children between the age of 10-19yrs

Learning objectives of the workshop:

Explain how people can cope with challenges using the 4 pillars of resilience Understand the relationship between connections with others and resilience. Feel confident to apply what they have learnt to better cope with challenges.

To book a 1 hour workshop contact Carmel Parr cparr@redcross.org.uk

Join us in helping others during the coronavirus outbreak

The power of kindness is needed more than ever as the UK faces a global coronavirus pandemic

[Find out more >](#)



From the Healthy School Age Operational Group



HOLIDAY ACTIVITY WITH FOOD PROGRAMME

The Holiday activity with food programme is back with an exciting programme for benefits related FSM young people over the Christmas break providing food, wellbeing and physical activities. We have now approved 20 provisions, all free for eligible children. Look out for the flyer advertising provision in your area coming soon.

We are also looking at ticketed events for families to book over Christmas. We need the schools across Halton to help with supporting the distribution of codes to eligible families so they can use it to book their tickets to their chosen events. Please get in touch with your local coordinator Chloe Appleton chloe.appleton@edsentail.co.uk if you have any idea how you can support us in this.

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

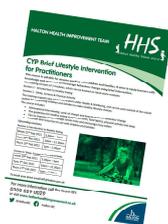
If you can't make any of the sessions, but would like to find out more, fill in the form [here](#) and we'll get in touch with you directly



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	
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



<https://www3.halton.gov.uk/Documents/public%20health/hit/fit4life/CYPBriefLifestyleInterventionPractitioners.pdf>

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.

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

For Families

Free Smiling Minds resource in supporting your own mental health

As we move through this global health crisis together, many of us have been actively engaged in supporting the wellbeing of children and young people.

Parenting and teaching are all about assisting others. It is critically important that we create regular opportunities for self-care so that we can continue to support others and look after our own wellbeing at the same time.

On the Smiling Mind App you will find a wide range of mindfulness meditations and activities for adults which we encourage you to explore and try out for yourself.

<https://www.smilingmind.com.au/>



Bitesize Sessions

Join us for our 1-hour parent/carer workshops

SLEEP & SCREENS

Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

FUSSY EATING & SNACKING

Is your child a fussy eater? It's easier said than done to get children to try new foods. 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 food acceptance. We'll share healthy snack ideas as we look at alternatives to sugary snack favourites.

MENTAL HEALTH & EMOTIONAL WELLBEING

Everyone has mental health and looking after your child's mental health has never been so important. This workshop is based on the 5 ways to wellbeing and will give you tips and advice for supporting your child's mental health. We'll share resources and techniques to promote positive mental health and build resilience.

<https://www3.halton.gov.uk/Documents/public%20health/hit/fit4life/F4LParentBitesize.pdf>

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

HALTON HEALTH IMPROVEMENT
Fit 4 Life
Bite Size Sessions **START WELL**

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These workshops are for parents and carers, and will be delivered via Microsoft Teams.

Sleep & Screens	Fussy Eating & Snacking	Mental Health & Emotional Wellbeing
Wed 22 nd September 10am	Wed 22 nd September 10am	Tue 24 th September 10am
Mon 18 th October 10am	Thu 21 st October 10am	Tue 24 th October 10am
Thu 17 th November 10am	Wed 17 th November 10am	Mon 18 th November 10am
Wed 9 th December 10am	Tue 14 th December 10am	Wed 17 th December 10am

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

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

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

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