

## Free half term holiday activities across Halton

We wanted to let you know about some of the FREE activities available to the children, young people and families in your school during February Half Term. Thanks to funding from the Department of Education, there are a number of food and activity clubs this half term - at locations across Halton - which are completely free for eligible FSM children. For further information, please visit:

<https://www4.halton.gov.uk/Pages/health/hit/start/haf.aspx>

## Free Fit 4 Life app now live!

Fit 4 Life has gone digital! If you would like your family to eat better, sleep better and be more active, then download the app to start your 12-week programme.

The programme will help you to set good habits and routines, manage snacking and sugars, increase activity levels, sleep better, manage screen time, plus lots of top tips and recipe ideas.

For more information, [click to visit our web page](#).

Then download the app via the Google Play store or Apple App Store or scan the QR code and enter invite ID **F4L-SN**.



## Bite-size Sessions

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

## Parent/Carer Bitesize Workshops (via Microsoft Teams)

New dates are now available for our popular bitesize workshops for 2022.

Sessions are free, delivered online, and last up to 1 hour. Sessions available include:

- Sleep & Screens
- Fussy Eating
- Mental Health & Emotional Wellbeing

<https://www4.halton.gov.uk/Pages/health/hit/start/fit4lifeparents.aspx>

