

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

Free half term 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 the 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> or email John.Bucknall@halton.gov.uk or Julie.Karmy@halton.gov.uk



Young Leaders Award Free Twilight Webinars

Looking for a programme that supports pupils to develop leadership and character through social action? Come and find out more about the **Young Leaders Award** Programme through our free online sessions this term for both Primary and Secondary schools. We are also running our **Introduction to Character Education** sessions with Dr Tom Harrison at the Jubilee Centre for Character and Virtues.

Find out more and sign up at www.abyyt.com/events

Key Stage 1 Young Leaders Award

We believe that giving younger pupils meaningful opportunities to explore leadership skills and character virtues and to get involved in social action early in life is key to developing young people who show confidence, resilience and care for others.

Our **KS1 Young Leaders Award** helps our youngest citizens explore the idea that small steps can lead to big changes. Pupils are introduced to the story of Gracie and her friends and are provided with opportunities to learn about, and put into practice, key leadership characteristics such as kindness, perseverance, teamwork and action.

If you'd like more information about our KS1 Young Leaders Award, please contact us on primaryla@abyyt.com or visit www.abyyt.com/keystage1.

We are pleased to offer schools who sign up 10 or more pupils at KS1 a 10% discount, available until 18th February with the code NEW-KS1-10.

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, that can be downloaded here:

<https://www3.halton.gov.uk/Pages/health/hit/start/fit4lifedigital.aspx>



Axess

Axess sexual health outreach team are offering a Sexually Transmitted Infections (STI's) awareness briefing.

This briefing is aimed at those who work with young people and adults. Sexual health is a significant part of health and wellbeing where discussions are vital to raise awareness and equip positive decision making. It is important to help reduce the incidence of sexually transmitted infections including HIV and promote the uptake of STI screening and treatment.

For more information and to book a place onto this briefing please email Hayley.tooley@liverpoolft.nhs.uk & Kelly.cartwright@liverpoolft.nhs.uk with the date you would like to attend:

8th February 2022 1:00pm

8th March 2022 1:00pm

29th March 2022 1:00pm

16th February 2022 3:15pm

17th March 2022 3:15pm

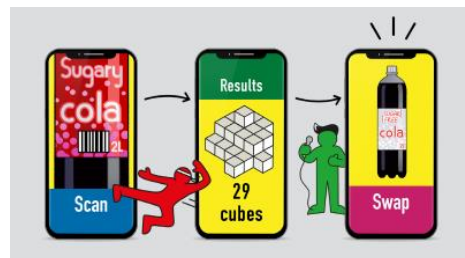
26th April 2022 3:15pm

Axess has now opened a young person's clinic in Widnes based at HCRC on Caldwell Road, for anyone aged 19 and under. The clinic takes place every Thursday from 3.30 to 6pm. Bookings can be made by calling 0300 323 1300 and walk in appointments are available. A poster with more details is attached. Also attached is a poster for promoting National Testing Week (7 – 13 February 2022).

Encouraging pupils to make healthier choices

Research shows that nearly 28% of pupils in Reception are overweight or obese, rising to over 40% of pupils in Year 6. The NHS Food Scanner app is a handy health hack to make it easier for families to find healthier food and drink options. The new Better Health Scan, Swipe, Swap activities toolkit uses the excitement of the app to encourage young people to explore what's in their food and make healthier choices.

You can download a full 'Scan, Swipe, Swap' activities toolkit on [the School Zone](#) today.



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

CYP Brief Lifestyle Intervention for Practitioners

Session 1: Introduction to Healthy Eating

Thurs 10th Feb 22 1pm-2:30pm

Session 2: Sleep, Screens & Physical Activity

Thurs 17th 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://www4.halton.gov.uk/Pages/health/hit/start/fit4lifepractioners.aspx>

If you are feeling concerned about mental health issues presenting in children and young people due to the pandemic we have put lots of guidance/resources on our [Mental Health Info Point](#): as well as online training:

Children and Young Peoples Mental Health Awareness Training

Tuesday 1st March 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.

Self-Harm Training

Monday 7th March 15:30-17:00

This training will provided you with an understanding of self-harm including why young people self-harm, risk factors to look out for and tips for talking about self-harm and support available.

Resilience Framework Workshop

Wednesday 9th Feb 15:30-16:15

Monday 21st March 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.

Free half term holiday activities across Halton

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<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

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>

