

## Free winter 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 throughout the holidays. Thanks to funding from the Department of Education, there are a number of food and activity clubs this winter - at locations across Halton - which are completely free for eligible FSM children. For further information, please visit [HAF - Edsentia](https://www.haf-edsentia.co.uk) or email us directly via [HAF@edsentia.co.uk](mailto:HAF@edsentia.co.uk)



## 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

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