

# Healthy School News

October 2020

From the Health School Age Operational Group

## PARENT BITESIZE WORKSHOPS

Our parent bitesize workshops are now being delivered online for Halton parents and carers. Please share the flyer available at

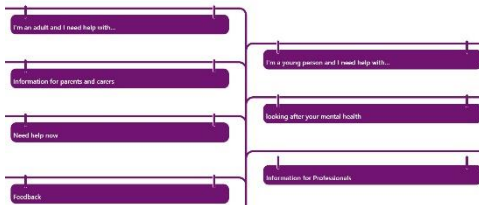
<https://www3.halton.gov.uk/Pages/health/hit/pdf/fit4life/F4LParentBitesize.pdf>

Sleep & Screens	Thursday 12th November 1pm Tuesday 8th December 6pm
Fussy Eating & Snacks	Wednesday 18th November 6pm Wednesday 9th December 11am
Mental Health & Emotional Wellbeing	Tuesday 17th November 10am Tuesday 1st December 6pm

The workshops last 40 minutes, and participants will watch and listen to the presentation on their device via Skype for Business.

To book a place, email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk). Joining instructions will be shared upon booking.

## Halton's Mental Health Information point



Mental health support available locally and nationally for all ages, in one place.. There is also a section for professionals that provides a wealth of information and resources to help you support pupils.

[www.halton.gov.uk/mhinfopoint](http://www.halton.gov.uk/mhinfopoint)

## FREE ONLINE TRAINING

### CYP Brief Lifestyle Intervention for Practitioners

New dates are now available for this free CPD accredited online\* course, delivered by the Health Improvement Team.

It is suitable for anyone who works with children and young people aged 5+. The course aims to equip you with knowledge, tools and resources to support lifestyle change with your clients, through brief intervention, whether working face to face or remotely.

### Next available courses:

SESSION 1 | Introduction to Healthy Eating (1.5 hours)

Thursday 12th November 10am – 11.30am

SESSION 2 | Sleep, Screens and Physical Activity (1.5 hours)

Thursday 19th November 10am – 11.30am

To find out more and to book your place, email: [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk).

\*You will need Skype for Business installed on your computer or device, as slides will be shared via this platform.



## Madame Zucchini FREE Webinar



Join us for this one-off special! Madame Zucchini entertains and engages with vegetables, in fact she loves them. Her session will be playful & interactive, with games, veg puppets, and an insight into her creations at Vegetable Entertainment HQ. Fun for all the family!

Attendees will receive a FREE WellJoy Pack!

When: Saturday 31<sup>st</sup> October 2020, 11am-12pm

Where: Online via Zoom

Charge: FREE

To book a place

Online: <https://tinyurl.com/y683d3ep>

Call: 01928 589 799



## October TOP TIPS

Halloween doesn't have to be all about sweets and junk food. A £1 bag of satsumas can be turned in to cute pumpkins for an after school snack.



Chop bananas in half, make eyes with raisins or seeds, and make some tasty, scary Halloween ghosts.



## Active Lives/Healthy Ratings

Schools that have been selected for Healthy Ratings (Active Lives) survey this term are:

**Moore Primary School**

**Hale Church of England Voluntary**

**St Bertelene's CofE Primary School**

**St Basil's Catholic Primary School**

**The Heath School**

**Wade Deacon High School**

**Ormiston Chadwick Academy**

These schools have already been contacted by Merseyside Sports Partnership. If you need further information you can contact Health Improvement team



## Community Shop

OPEN FOR



Based on the Summer holiday activity fund project this October half-term Community Shop and many of its fantastic partner organisations will unite to deliver Healthy Holidays. Food parcels and activities online  
Email [hello@community-shop.co.uk](mailto:hello@community-shop.co.uk) to sign up.