

# Healthy School News

November 2020

From the Health School Age Operational Group

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

**HALTON HEALTH IMPROVEMENT TEAM  
DRUG & ALCOHOL EARLY TARGETED  
YOUTH TEAM**



## Tobacco, Alcohol & Drugs Training for Teachers

As part of its Health Schools Programme, Halton Health Improvement is offering a new Tobacco, Alcohol and Drugs training session for teachers.

The Training is delivered in 2 parts:

Session 1 - Tobacco & Alcohol

Session 2 - Drugs

The training supports the school curriculum under Health & Wellbeing. Each session will take an hour and will support staff to deliver lessons on these topics.

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

The next sessions are:

**Tobacco & Alcohol**

18 November 2020 3.30pm

**Drugs**

25 November 2020 3.30pm

To book your place please email  
[HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)



For more information call the team on:

**0300 029 0029**

or visit [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)

 @HaltonBC  Halton BC



## 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 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.*

## 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/fi4life/F4LParentBitesize.pdf>

Fussy  
Eating &  
Snacks

**Wednesday 18th November 6pm  
Wednesday 9th December 11am**

Mental  
Health &  
Emotional  
Wellbeing

**Tuesday 17th November 10am  
Tuesday 1st December 6pm**



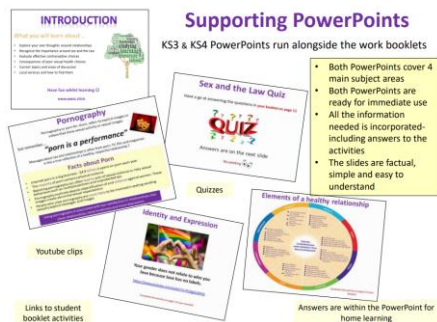
# Sexual Health Awareness

Resource guidance for teaching staff  
Key stage 3 & 4

Relationships and Sex Education (RSE)

[www.axess.clinic](http://www.axess.clinic)

axess have developed a new RSE resource for schools. The outreach team are able to offer an introduction to the RSE teacher resource through skype, zoom, Microsoft teams This will be a short presentation which explains what the RSE package is, areas it covers, how it would work in the classroom or for home schooling. You will then get access to the KS3 and KS4 resources and guidance toolkit



## Author Sessions

We will be hosting some wonderful author video sessions on our YouTube channel throughout the festival. There will be sessions aimed at Preschool to year 9. For details of the authors taking part, how to access the videos or any other #HaltonReads information please contact [widnes.library@halton.gov.uk](mailto:widnes.library@halton.gov.uk).

## Half a million minutes

We're aiming to reach half a million minutes of reading in two weeks. You can submit your minutes as follows:

- On the pinned tweet @HaltonLibraries
- On the pinned Facebook post @HaltonLibraries
- Email [widnes.library@halton.gov.uk](mailto:widnes.library@halton.gov.uk)
- Phone Widnes Library - 0151 907 8383

## Social Media – #HaltonReads

We're aiming to get #HaltonReads trending on Twitter so any tweets you send during the two weeks remember to use the hashtag – #HaltonReads

During the festival we would love you to share book recommendations, pictures, fun book facts or anything else you can think of that's book related.

If you would like to join the library pop into any Halton Library or go to our website- <https://halton.me/join-the-library/>

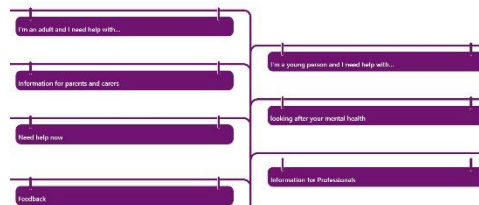
<https://library.haltonbc.info/halton-reads-festival/>

## Local Offer Website Redesign

Website now features new youth activities for lockdown.

<https://localoffer.haltonchildrenstrust.co.uk/leisure/>

## 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/mhinfo point](http://www.halton.gov.uk/mhinfo point)