

Healthy School News

December 2020

From the Health School Age Operational Group

To book a place on training email HIT@halton.gov.uk

Health Improvement Team and partners from Healthy schools programme wish you all a Merry Christmas, we hope you have a well earned break. We hope to work with you more in the new year.

PHSE TRAINING

After the recent success of our Tobacco, Alcohol and Drugs (TAD) training for staff we will be releasing training dates for TAD, Lifestyle intervention and RSE in the new year as a series of PSHE support.

NSPCC

new interactive 3D learning tool for adults called 'Talk to me' helps adults build confidence to have conversations with children ensuring they always feel listened to. It is in response to COVID-19 and informed by NSPCC's 2019 ['Let children know you're listening' research](#) There is expert advice to make the tool relevant to the UK child protection context. For the **free resource**. Please go to

<https://learning.nspcc.org.uk/news/2020/december/navigate-difficult-conversations-with-talk-to-me-tool>

For a limited time, Living Streets has funding to provide WOW – the award-winning walk to school challenge to some primary schools in Halton for free. This funding comes with support from Living Streets coordinators, to help make set-up extra easy and engaging for pupils.

WOW is quick and easy to run and has a positive impact. If pupils travel sustainably (walk, cycle, scoot) they are awarded a monthly badge. On average, schools which take part see a 23% increase in pupils walking to school and a 30% reduction in congestion outside the school gates.. Find out more and register your interest here:

<https://livingstreets.netdonor.net/page/69758/data/1>



PLEASE
NOTE...

We have noticed a number of schools have been sharing this school news letter with parents and families. Therefore we have made sure all the parent specific information is on page 2. Please only share page 2 publically



The local mental health info point has lots of information and details of support available for a variety of worries including who can support you if you are in a mental health crisis and need help now

www.halton.gov.uk/mhinfopoint



Free 24/7 text support

Shout 85258 is a free, confidential, 24/7 text message service for anyone in need of support in the UK. Our trained Shout Volunteers can help with issues including anxiety, depression, suicidal thoughts, relationship problems, sexuality, money worries. The video below explains how the service works

<https://youtu.be/UpCl8FMtouY>

PARENT BITESIZE SESSIONS

Our online parent bitesize workshops have been well attended throughout Autumn, with wonderful feedback, so we are pleased to announce further dates for 2021:

Sleep and Screens	Thursday 28 th January 10am Wednesday 24 th February 6pm Tuesday 30 th March 10am
Fussy Eating and Snacks	Tuesday 19 th January 6pm Tuesday 23 rd February 1pm Thursday 25 th March 6pm
Mental Health & Emotional Wellbeing	Wednesday 13 th January 10am Tuesday 9 th February 10am Tuesday 16 th March 6pm

Each workshop lasts 45 minutes, and participants will watch and listen to the presentation on their device via Microsoft Teams.

Download the flyer here:

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

To book a place, email HIT@halton.gov.uk. Joining instructions will be shared upon booking.



Money Navigator tool

The coronavirus restrictions have affected millions of people and things are taking a while to recover. What this means for families finances will be very personal to them.

So if families need money guidance but don't know where to start the Money Navigator tool gives you action plans based on your own situation.

<https://www.moneyadvice.service.org.uk/en/tools/money-navigator-tool>

HAPPY AND HEALTHY CHRISTMAS - TOP TIPS

- To help regulate mood & behaviour, keep bedtimes & wake up times consistent & similar to 'normal'. Get outdoors each day, absorb some sunlight to keep the sleep-wake rhythm strong & promote better sleep.
- Break up the days with bouts of physical activity, get out for a walk or a kick about with a ball. Physical activity will help regulate mood, promote better sleep, & help balance the increased food & drink intake that tends to happen over Christmas.
- Eat at similar meal times as usual, especially breakfast. When we skip meals we're more likely to crave high-energy foods. Kids are more likely to want constant snacks if meal times are out of sync with their regular routine.
- Avoid sugar highs and energy crashes by keeping chocolates, sweets & other edible treats out of sight, so children are less likely to pick at them throughout the day. Have set times when they can choose from their Christmas treats.