



Essential Parent, Digital Platform launch for schools

1st April 2025, marked the launch of the Essential Parent platform for primary and secondary schools here in Wigan.

Essential Parent is an expert-led, evidence based, digital platform that provides written and video content on a range of health and wellbeing topics, that schools can directly send to a parent's mobile phone or device, via text and email.

Want to more information?

Watch this short overview video [here](#) or contact healthyschools@wigan.gov.uk and we will happily discuss the platform with you.

How to sign up? Simply complete the MS form [here](#), using a school email address.

Vaping support for schools in Wigan

We are pleased to share with you our dedicated web page which is the home for Vaping & Smoking support for schools. Take a look at the page [here](#). On the page, you will find:

North West Schools Vaping Policy Framework

This document is intended to provide guidance and a framework for schools and other educational settings, to support development of a Whole School Vaping Policy.

Reporting underage sales to Trading Standards incident form

Are you aware of a particular establishment(s) selling vapes to underage children or young people? You can report the incident via the form, which aids Trading Standards team in collecting evidence to take action against the specific shops.

INTENT Training: Tackling Vaping and Smoking in High Schools.

High Schools across Wigan are invited to apply for a **FREE training** opportunity through the INTENT Evidence to Impact programme, focussing on reducing vaping and smoking among young people. Through expert guidance and practical tools, participants will gain the skills to develop informed, targeted interventions that align with school priorities and demonstrate real, measurable impact. What's included:

- High quality lesson plans which build incrementally, and a Curriculum Guide are provided.
- Sessions are cross-referenced to the PSHE Association objectives so instead of giving teachers extra work, we are providing resources to meet their existing objectives.
- Help and support is available for teachers via the INTENT website and helpline.
- Dedicated Resources Area for teachers and Local Authorities on the website.

Places are limited and only 10 places available, so early interest is encouraged. Please complete the Expression of Interest Microsoft teams form at your earliest convenience, click [here](#).

April 2025
For Schools

Young carers explain their role and share their experiences in new education video

A group of Young Carers felt strongly that other pupils in the school did not recognise what a Young Carer was, and did not understand what challenges Young Carers might face. Pupils from The East Manchester Academy collaborated with [Media Cubs](#) to create a video that would help educate everyone in their school about Young Carers - and are now sharing the resource with other schools to spread the message.

Watch and share the video in personal development sessions and assemblies.

See video [here](#).



Anna Freud – Mentally Healthy Schools



Supporting Staff and pupils' wellbeing

Summer is just around the corner and the summer holidays can be a time to relax, recharge and take a break.

However, school and college staff can find it difficult to switch off during summer, while young people may struggle with the loss of structure and not seeing their friends every day.

It's important that you and your students look after their mental wellbeing during the break. Start by creating healthy habits now by accessing resources by Anna Freud.

[Self-care summer toolkits](#)

National Smile Month, 12th May – 12th June

Take part in promoting the importance of Oral Health. **Download resources** [here](#).



Food A Fact for Life



Advice and tips for practical food lessons with neurodivergent learners

See [here](#).

British Redcross



Free Youth Workshops: Helping young people build essential life skills

Workshops include:

First Aid

Empathy plus migration

Coping with challenges

For more info on each workshop and to book, **click** [here](#).

TravelSafe by TFGM

1-hour educational workshops for young people about their safety and also acceptable and unacceptable behaviours and the consequences of becoming involved in crime or ASB on the transport network.

As well as VR sessions that explore pupils being peer pressured and the consequences.

For more information or to book, **email** travelsafe@tfgm.com

March 2025
For Schools

Kooth



Help students manage exam stress

30 minute webinar to discuss how you as a professional can support students to manage exam stress and anxiety.

May 7th 2025 @ 5pm, book [here](#).

May 8th 2025 @ 5pm. book [here](#).

Qwell Podcast



The other side of the desk

Teaching is a passion, but it can also be stressful. In our latest podcast, we sit down with Rachel McDonald, an experienced teacher and deputy head, to talk about the reality of stress in education. She shares her love of teaching, how she recognises stress, and the strategies she uses to manage it.

Whether you're a teacher yourself or supporting those who are, this is a conversation you won't want to miss.

Find the podcast and more [here](#).



Inclusive Cycling Experience



Cycling UK are to bring new electric adapted cycles to the borough for residents to trail at a variety of dates listed below:

- 6th May, Robin Park Wheels For All
- 21st May, Three Sisters Cycle event

The sessions are FREE and must be booked in advance prior to arrival. **Book [here](#).**

Outdoor Activities with Be Well



Whether it's walking and cycling activities, group runs, golf or more, Be Well have lots on offer to get active outdoors.

Be Well in Parks initiative offers a fantastic variety of free activities and events designed to promote health and wellness for all residents. With sessions available in parks across the borough. You can find more information on Be Well in the Parks and all the other outdoor activities [here](#).

How to manage and reduce stress

Take a look at Mental Health foundation's guide [here](#).



Local Offer Live

Do you want to know more about the support available for children and young people with special educational needs and disabilities (SEND)?

Join us at our FREE Local Offer Live event to find out more information about the SEND related services available.

Local Offer Live



Monday 28th April 2025



10am – 2pm and 3:30pm – 6:30pm



The Edge, Riverside, Wigan, WN3 5AB

Learn to Swim

Whether your child is just starting out or growing in confidence, Be Well swimming lessons will help them become safe, strong swimmers.

All our lessons are delivered by experienced, qualified teachers and follow the official Swim England Learn to Swim framework.

Redeem the offer by clicking [here](#).



April 2025

For parents & Carers



Free Cycling event

Families from across the borough are invited to attend, with or without a bike to join in the fun.

What to expect?

- Ride the full circuit
- Adult & Children's bikes & helmets available to borrow
- Under 5's balance bike track
- Wheels for All Adapted cycles
- Climbing wall
- Bike check and repairs

For more info, [click here](#).