



DIAS – Schools and Education support

Primary schools - Healthy Relationship Sessions.

Aimed at pupils from all year groups. Each session plan is designed to stand alone, although they do build on knowledge and awareness from session to session. Developmentally appropriate, PSHE curriculum-based sessions designed to explore issues around relationships and give children and young people opportunities to discuss elements of healthy and unhealthy relationships.

Secondary schools

The Domestic Abuse Act 2021 states that anyone under the age of 16 who has been exposed to DA is a victim in their own right and should have access to specialised support as part of this legislation. The child/young person does not have to have been present when the incident occurred.

To gain support for your school, please [email Maire](#).



Wigan children and young people Digital Engagement

Wigan Council is excited to invite schools across Wigan to participate in an exciting piece of digital engagement work focusing on listening to children and young people living in Wigan about their experiences of growing up in our town.

What is the Purpose of the Digital Engagement?

To capture children and young people's views in their own words, focusing on what is already good about growing up in Wigan, what feels hard, and what would help things improve.

What is the Approach to be Used?

Schools will receive digital access week commencing **15th September 2025**.

All responses are anonymous. No child or school will be identifiable in any of the data. This ensures safety and honest feedback.

The role of schools is to explain the work to pupils, reassure them about anonymity and encourage participation. Responses from pupils do not need to be lengthy – short, honest ideas are valuable.

The survey will close on **13th October 2025, 5pm**.

What will Findings be Used for?

Insights gathered from the digital engagement will help the Council and partners plan more effectively, identify quick wins, and prioritise strategic action for children and young people in Wigan.

What Happens Next?

Complete the survey with pupils by clicking the appropriate link below.

[Primary School's](#)

[Secondary School's](#)

September 2025 For Schools

Car Free Day – 22nd September 2025



For a car-free day, walk or cycle to your destination, use public transport like buses and trains, or carpool with friends. You can also organise community events such as street fairs or bike parades, set up a temporary "parklet" for seating or play, learn more about sustainable transportation.

Take a look at the sites below for ideas and resources to support your school to promote Car Free Day:

[World Car Free Day](#) from Living streets.

[World Car Free Day | Cycling UK](#)

[Outdoor activities | Be Well](#)

[Home | TfGM Bee Active](#)

Emotional Friendly Schools – Information session

Want to find out more about Emotional Friendly Schools and how it can support your school community. The team will answer your questions and provide top tips from what our accredited schools and EFS panel have found useful over the years.

Tue 21st Oct 2025 1:30-2:30

Wed 25th March 2026 1:30-2:30

To book, please email

J.Simmons@wigan.gov.uk



World Mental Health Day 10 October



Poor mental health is not inevitable, and World Mental Health Day is an opportunity for us all to talk about mental health and consider how, together, we can help everyone have better mental health.

[Your school can get involved by visiting the Mental Health foundation site here.](#)

Free Training: Understand and Respond to Gambling-Related Harms

Equipping learners with the knowledge, skills and attitudes to tackle gambling related harms. If you work in a public facing role or are interested in learning more about how harmful gambling can impact individuals and those affected by somebody else's gambling.

[Register your interest via the Beacon counselling trust website](#)

Parkrun Primary



Junior parkrun encourage children, families and staff to enjoy regular physical activity outside school hours, supporting physical and mental wellbeing. It nurtures healthy habits and lays the foundation for lifelong positive mindset towards movement.

You can now register as a Parkrun Primary to support community-based opportunities for children, young people and families.

You can gain more information on Junior Parkrun and Parkrun primary via [visiting the brochure.](#)

[Register you schools' interest here.](#)

Active breaktimes

With the wetter, colder weather almost upon us, it's important to ensure that we continue to promote '**Active 30-Minutes**' during the school day. You can do this through:

'Wake up and Shake up's' – [Joe Wick Activate](#) is an example & [School Games 10 Minute shake up](#)

You may also want to consider '**Active Uniform**', Youth Sports Trust can support you implementing this, [visit their site here.](#)

September 2025 For Schools

Free Trees for schools and communities



Trees help people and nature thrive. Getting more in the ground will give us all a greener, healthier future and Woodland Trust are giving thousands away free to schools, councils, clubs and community groups to help make that happen.

[You can visit the Woodland Trust website and apply for the trees for you school.](#)

Webinar: County Lines, Policing and Vulnerability

This webinar will outline findings and recommendations from the UK's first national study of police responses to county lines drug distribution and related child and adult criminal exploitation.

[You can watch the webinar via following this link.](#)

Top Tips for Managing Stress and Anxiety

As school staff return back to school it can cause stress and anxiety. It's important this is managed to support staff to teach effectively.

[Check out the Charlie Waller top tips](#)



Anna Freud – Supporting children’s transition to secondary school: Guidance for parents and carers.

This short guide provides tips about how children preparing for, or going through, the transition to secondary school can best be supported by their parents and carers.

It includes guidance which explains why the transition can be difficult for some children, and practical advice such as talking and connecting with the new school, as well as suggested resources that children and parents and carers may find useful.

[Visit Anna Freud’s resource pack here.](#)

Month of Hope, 10th September – 10th October 2025

You’re not alone. Support is available. There is always hope.

Whether it’s you or someone you care about, if someone is struggling it’s important to know what help is available:

NHS 111 – Option 2: For urgent mental health help

[Samaritans](#): Available 24/7, 365 days a year – call 116 123

[EPiC HOPE CIC](#): Visit one of the welcoming harbours across Wigan borough for a safe space and support.

You can also explore a wide range of mental health resources and useful contacts by [visiting Wigan councils website here.](#)

Mental Health Support Team – Understanding Anxiety & Low Mood workshops.

As part of the Family Hub offer, the Mental Health Support Team in Schools are offering a series of parent/carers workshops to provide psychoeducation and support around anxiety and low mood during the October half term across each of our Family Hubs.

Invite open to all families and [booking is essential.](#)

The workshops will outline what anxiety or low mood is, the symptoms, and how this impacts children and young people. We will provide support strategies to help manage the physical and emotional feelings of anxiety and low mood.

Workshops are 60 minutes long and will be delivered by the Mental Health Support Team in Schools as part of the Wigan Borough Family Hub offer. If your child is struggling with anxiety or low mood or preparing for transition, this will be a useful, informative workshop for you!

[You can book any of the session via visiting the Eventbrite link here.](#)

September 2025

For parents & Carers

Be Part of Research

Be Part of Research is a free service which makes it easy to find and take part in vital health and care research across the UK.

Simply tell us which health conditions you’re interested in. We’ll match you to suitable studies and send you information on how to take part.

[You can find out more information via watching the NIHR video.](#)

Rebuild with Hope Wigan



Looking for a way to express yourself, try something new, and connect with others? Our Building Opportunities creative workshops offer just that — a safe and welcoming space to explore your creativity alongside like-minded people.

[Book your slot via Eventbrite.](#)