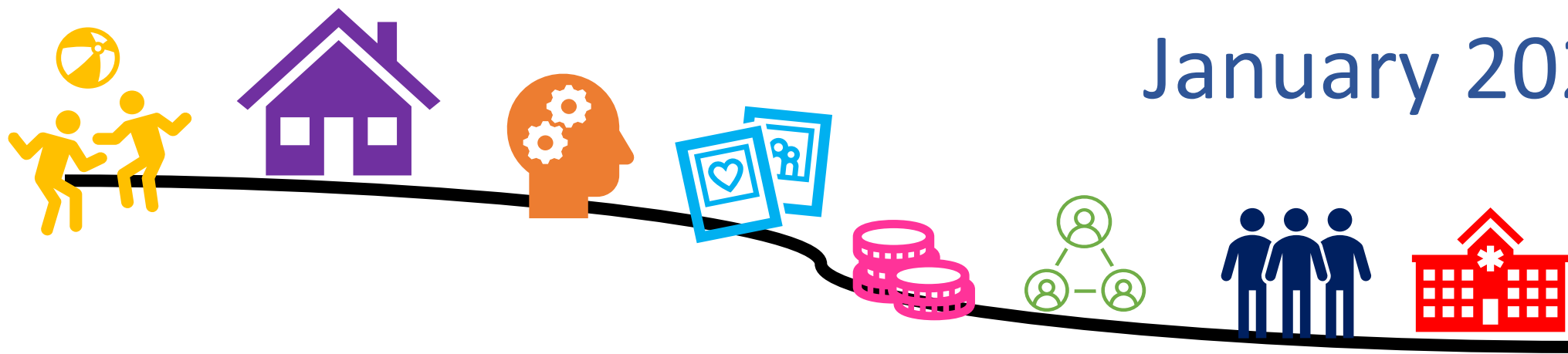


# Healthy School News

January 2024



## Want to find out more about Healthy Schools and what it can do for your school community???

To make things easier for you the Healthy Schools Team are holding half hour drop in sessions for you to jump on before or after school to give you a quick overview of the programme. You will find out;

- **How it differs from the National programme**
- **What health and wellbeing support advice and guidance is available**
- **The positive impact it can have on your staff, pupils and parents/carers**

Click the links below to book on a session.

Open to SLT members, Pastoral Staff, PSHE/PE Leads, School Governors

**Tuesday 16<sup>th</sup> January 3:30pm – 4pm**

<https://events.teams.microsoft.com/event/8e5dacdd-c549-4105-a1ec-f81c0f8487c7@8e20fea2-f588-4539-b62c-d5cbd4914cb6>

**Thursday 18<sup>th</sup> January 3:30pm – 4pm**

<https://events.teams.microsoft.com/event/90b483f4-7ed9-43d2-bee9-23151c0523d5@8e20fea2-f588-4539-b62c-d5cbd4914cb6>

**Tuesday 23<sup>rd</sup> January 8am – 8:30am**

<https://events.teams.microsoft.com/event/caf0d6ec-c1c6-45bf-a2a8-71a930c8d7c1@8e20fea2-f588-4539-b62c-d5cbd4914cb6>

**Friday 26<sup>th</sup> January 8am – 8:30am**

<https://events.teams.microsoft.com/event/a5dd18b6-f538-43ec-97be-1b700eb41938@8e20fea2-f588-4539-b62c-d5cbd4914cb6>

If you have any questions re your schools health and wellbeing or to book your schools Annual Conversation please email

[healthyschools@wigan.gov.uk](mailto:healthyschools@wigan.gov.uk)



*Speak out. Stay safe.* is a safeguarding programme for children aged 5-11, available to all primary schools in the UK and Channel Islands. Our interactive assembly helps children understand the different types of abuse, and how to spot the signs and speak out about it. A 30-minute online assembly introduced by Ant and Dec, with interactive pause points.

- Supporting teaching materials with plenty of engaging activities.
- Welsh and British Sign Language (BSL) versions.
- An adapted version for children with SEND/ASN/ALN.

All resources can be used in the classroom, at a time that suits you.

Visit [nspcc.org.uk/speakout](https://nspcc.org.uk/speakout) to sign up and access free resources for your school, including our SEND/ASN/ALN programme



Congratulations to **St Mary's** in Platt Bridge and **Abram St John's** on achieving their 'very good' level of school travel plan accreditation.

They have shown excellence in travelling actively to school, to reduce the amount of vehicles around the school at pick up times. This improves road safety, fitness levels and helps the environment. In fact St Mary's have actually halved the amount of pupils travelling to school by car since starting work on their school travel plan a few years ago, which is amazing! To update your school travel plan, register your school at [www.modeshiftstars.org](http://www.modeshiftstars.org). Read the good news story [here](#).

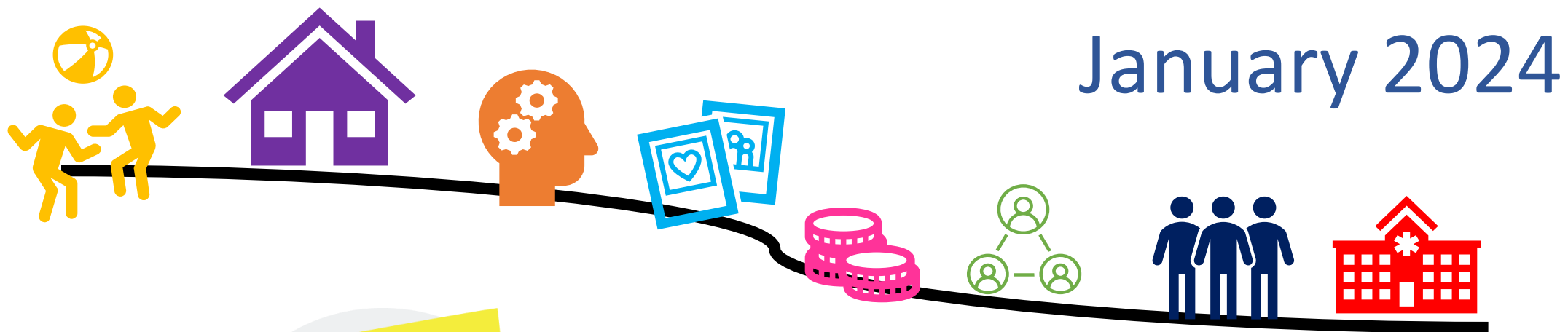


## BOOK YOUR 2024 ANNUAL CONVERSATION NOW!!!

Schools are feeding back how useful it has been for them to reflect on their health and wellbeing priorities and creating an action plan with direct links to supportive, local services.

Email [healthyschools@wigan.gov.uk](mailto:healthyschools@wigan.gov.uk)

# Healthy School News



January 2024

Place2Be's

**CHILDREN'S  
MENTAL HEALTH  
WEEK**

5-11  
FEB  
2024

Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'.

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

[Download our resources](#) for primary, secondary and high schools to take part in Children's Mental Health Week 2024.

## kooth

To kick off 2024 we're offering **free KoothTalks Training webinars**. Please click to book (don't worry if you can't make these times - just fill in the short form and we'll send you the recording for you to watch in your own time):

- **KoothTalks Training:** Supporting people to manage anxiety with self-care: [Mon 29 Jan. 10am-11am](#)
- **KoothTalks Training:** Supporting people to manage anxiety with self-care: [Wed 31 Jan. 1pm-2pm](#)

To discuss this further, do email [Lfarahzady@kooth.com](mailto:Lfarahzady@kooth.com).

## kooth

NEW and FREE resources for you: please print, display or post to remind people about the free mental health support available at Kooth and Qwell:

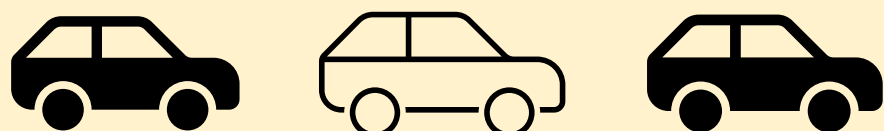
- **Kooth winter activity sheets:** Take a look at our latest **\*NEW\*** [activity sheets](#) for young people to explore their emotions, relationship skills, and coping techniques. As we begin the new term, why not encourage young people to reflect on their goals with the [New Year's resolution box](#)?
- **Support guides for young people:** Share our [6 support guides for young people](#), which offer helpful advice and information on social anxiety, eating difficulties, self-injury, suicidal thoughts, and safety plans, in addition to a young person's experience on Kooth.

**Social media assets:** Check out our latest [digital posters and video assets](#), as well as our [suggested tweets and templates](#), which you can share in your emails, websites, and social media channels.

Well done to Christ Church in Pennington for their first Litter Pick and a massive thank you to Mrs Jones and the Eco Team.



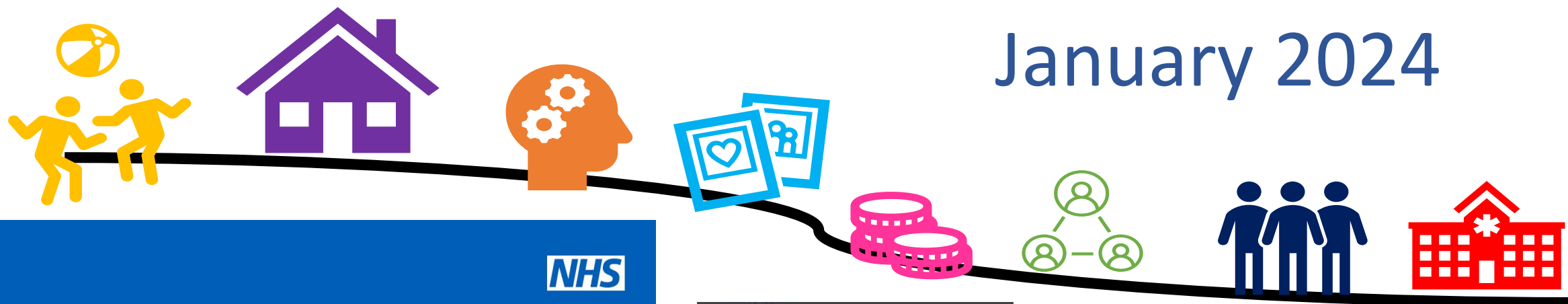
If you'd like to book one for your school to link in with your curriculum, afterschool sessions or for parents please contact Beverley at [B.Baldwin@wigan.gov.uk](mailto:B.Baldwin@wigan.gov.uk)



The **Road Safety Team** have received a great response from schools launching their **Road Safety Champions** schemes. Many of these launched their autumn campaign with a Be Bright Be Seen topic. If you haven't yet received your Road Safety Champions resource pack and would like to get involved, email [road.safety@wigan.gov.uk](mailto:road.safety@wigan.gov.uk).

# Healthy School News for parents & carers

January 2024



**NHS**

**Did you know you could apply online for Healthy Start in as little as 5 minutes?**



Apply for your prepaid Healthy Start card now at:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

The Healthy Start Voucher Scheme is an NHS scheme that was first introduced in 2006, designed to support pregnant people or families with young children on low incomes (up to their fourth birthday) by providing vital financial support to buy certain types of milk, first infant formula and fresh, frozen and tinned fruit, vegetables and pulses.

As food prices continue to rise there is no better time to get this support to our families and provide vital help to those who may be most in need.

#### Who is eligible for the scheme?

If you are more than **10 weeks pregnant** or have at least **one child under 4 years old** and are in receipt of one of the following **benefits**:

- Income support
- Income based job seekers allowance.
- Pension credit (must include the child addition)
- Universal Credit (if take home pay is £408 or less per month)
- Child Tax Credit (if the family annual income is £16,190 or less)
- The scheme is universal for mothers under the age of 18's (qualify regardless of income level).

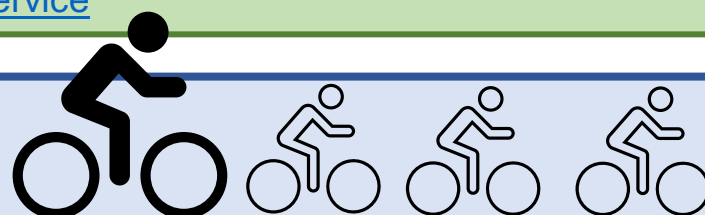
[How to apply – Get help to buy food and milk \(Healthy Start\)](#)

**NSPCC**



Greater Manchester Fire and Rescue Service provide **FREE** Home Fire Safety Assessments. Assessments include **fire safety advice** on daily activities and the home environment to understand fire risks and **free equipment** depending on the risk. They also check whether the home has adequate working **smoke alarms** and fit them as part of the visit, if needed.

To find out if you, or someone you know, are eligible for a Home Fire Safety Assessment, and to make a referral, visit [HFSA - Greater Manchester Fire Rescue Service](#)



**Leigh Bike Library!** Based at the Leigh Youth Hub at Leigh Sports Village, our service allows you to loan bikes, helmets, locks and other cycling equipment absolutely **FREE** of charge.

The idea is simple and works very much like a book library - meaning you can borrow a bike and/or other items for up to one month at a time.

Whether it's for commuting or for leisure, our fleet of more than 25 bikes are available in a range of sizes.

You can also take advantage of our 'Dr Bike' service - with free bike checks and basic repairs to keep you on the road.

[Leigh Bike Library \(wigan.gov.uk\)](http://Leigh Bike Library (wigan.gov.uk))

*Parents are urged to take simple steps to give their children the best start to the new school term and protect their communities following the Christmas break.*

*As levels of winter illnesses including flu, COVID-19 and norovirus continue to rise, the UK Health Security Agency (UKHSA) is reminding parents of 5 simple steps they can take to reduce viruses spreading in the community – helping their children make a healthy start to the year and minimising the impact of illness on attendance as schools head back and parents return to work:*

- *Teach good hygiene habits*
- *Stopping the spread of stomach bugs*
- *Spot the signs of when to keep your child at home*
- *Get vaccinated*
- *Use NHS resources*

**NHS**

*For more information please visit: [UKHSA reminds parents of back-to-school advice - GOV.UK \(www.gov.uk\)](#)*

*We are looking for new volunteers from Wigan to be Speak out. Stay Safe Volunteers. You would visit primary schools local to you to help us protect a generation of children from abuse and neglect.*

*In 2022 the NSPCC's Speak out. Stay safe volunteers returned to primary schools. As a Speak out. Stay safe. volunteer, you will visit primary schools to deliver Speak out. Stay safe. workshops that teach children about the different types of abuse and how they can speak out and stay safe. Our Speak out. Stay safe. workshops are age-appropriate and memorable and need an energetic and enthusiastic person to deliver them. You'll work alongside other Speak out. Stay safe. volunteers to make sure at the end of each session the children feel empowered and know who they can speak out to if they are worried.*

*If you are interested in volunteering as a Speak out. Stay safe. volunteer please visit: <https://join-us.nspcc.org.uk/volunteers/vacancy/speak-out-stay-safe-volunteer-information-meeting-wigan/7019/description/>*

*If you have any questions or experience any issues, please contact the Volunteer Recruitment Team at [VolunteerRecruitment@NSPCC.org.uk](mailto:VolunteerRecruitment@NSPCC.org.uk)*