

Health & Wellbeing information for Education settings

Understanding School Food standards & School environments

We need your help to make sure our schools are serving up the best when it comes to food standards!

We're inviting your school to complete a survey that will **help us understand Wigan's school food standards and food environment's**. It's quick, it's important, and it helps us understand how we can support your schools to create healthy environments.

Why take part?

- Your feedback shapes future improvements.
- You'll be helping us raise the standard for all schools.
- And... there are **prizes to be won** for schools that complete the full survey!

[Helping us understand school food standards and food environments in Wigan – Fill in form](#) here.

Deadline: 13th February 2026

Thank you for being part of this important work. Together, we can make school food and environments something to celebrate!

Safer Internet Day 2026 – 10th February

The UK Safer Internet Centre has created new educational resources on the safe and responsible use of AI ahead of Safer Internet Day 2026. The resources have been designed for use with children and young people of different age groups from 3 to 18-years-old.

Access the resource by visiting [Launching brand new resources on AI for Safer Internet Day 2026 - UK Safer Internet Centre](#)

You can also find support Online Safety for Schools from NSPCC by visiting [Online safety \(e-safety\) and schools | NSPCC Learning](#)

Asthma Friendly Schools Guidance and Policy for Greater Manchester

Attend a free event designed to support schools to meet high standards, leading to healthier and happier pupils.

The event at the **British Muslim Heritage Centre, in Manchester**, will see the launch of the first Greater

Manchester Asthma Friendly Schools guide and is aimed at a wide audience, including teachers, local authority leads and clinicians. [Visit NHS England website to book your place.](#)

Mind the Ad event

On Monday 23rd of March, Curious Minds and Wigan Public Health Team are joining forces to hold a one-day, immersive creative consultation event. The event is free and we're inviting secondary schools to bring up to 10 pupils to participate.

'**Mind the Ad**' will enable pupils to input into a set of guidelines that will determine what adverts get displayed locally. Young people are growing up in the most media-rich environment ever known. It is conservatively estimated that young people see more than 20,000 advertisements per year.

Every day, Wigan's young people are moving through a sea of messages they didn't choose. Local young people started to express their concern through a preliminary initial consultation film called [Walk a mile in our shoes - advertising consultation V1 on Vimeo](#)

We want local young people to grow up happy and healthy. They believe young people deserve a say in the messages they're surrounded by every day, which is why we're inviting your pupils to take part in decisions that will impact their everyday surroundings. Email Logan.woodward@curiousminds.org.uk to book.

Health & Wellbeing information for Education staff

New Mental Health Toolkit for Schools: The Daily Mile & SAMH

A brand-new Mental Health Toolkit is now available for schools, created by The Daily Mile Foundation in partnership with SAMH.

Designed with teachers, the toolkit includes simple, practical activities to support children's emotional wellbeing through movement. It's free to access for all Daily Mile schools and perfect for classroom or PSHE use.

Register here to access:
<https://r1.dotdigital-pages.com/p/7UG4-FN4/registration-form>

Education Support

Education Support's mission is to improve the mental health and wellbeing of teachers and education staff. We believe that better mental health leads to better education.

They have many resorts to offer including:

[Education Support helpline - free and confidential emotional support for teachers and education staff](#)

[Mental health & wellbeing resources for teachers & education staff](#)

[Mental health & wellbeing resources for schools and colleges](#)

NSPCC

1 in 5 children in the UK have suffered abuse. Children need our help to stay safe at school and at home.

Child abuse is preventable – not inevitable. That is why we're here, fighting for every childhood. Part of the work we do through our school services is to keep children safe using interactive, age-appropriate ways to help them.

Visit [Working with schools | NSPCC](#) webpage to find out what support they can offer your school / college.

Manbassadors

Mental wellbeing is a topic that affects all genders, but the stigma that surrounds men's mental health is something that remains sadly persistent. The figures speak for themselves: out of the 1 in 8 men that report experiencing mental health issues in the UK, 40% say they don't feel comfortable talking about it with their family, friends or a healthcare professional.

Wigan Manbassadors' aim is to raise awareness locally of the mental wellbeing issues facing men, helping them to find and use the local services and support they require. It aims to grow a network of local organisations acting as men's health advocates – 'Manbassadors' – who look out for and speak with men they come across.

Becoming a Manbassador

Could your organisation become a Manbassador site and help us support mental wellbeing and health among men across Wigan Borough?

Our ask of you: LOOK OUT / HAVE A CHAT / DISPLAY THE MANBASSADORS WINDOW STICKER & Z CARDS / CONNECT WITH OTHER LOCAL ORGANISATIONS.

As a Manbassador site, you will have access to free training to support you have confident conversations around mental wellbeing and health.

For more information, access training or sign up, please contact Colin Hughes - c.hughes1@wigan.gov.uk

Health & Wellbeing information for Parents & Families

Support and Guidance for parents and carers to keep their children safer online

They provide clear, practical advice for parents and carers on how to talk about online safety, guide their child through their online experiences and supportive actions they can take.

Split into primary and secondary age groups, each help sheet includes:

- Key advice on supporting their child to be safer online, tailored to age
- Links to CEOP Education resources parents and carers can use with their children
- Suggestions for starting conversations about being safer online
- Further tips, support and guidance

[Help sheet for parents and carers of primary-aged children.](#)

[Help sheet for parents and carers of secondary-aged children.](#)

Cervical Cancer awareness

Cervical Cancer Prevention Week from 19-26 January and January is also a chance to talk about cervical cancer screening in general.

Do you know the importance of attending cervical screening - also known as the smear test. Cervical screening is not a test for cancer; it's a test to help prevent cancer. It checks a sample of cells from your cervix for high-risk types of human papillomavirus (HPV).

Cervical screening is for women and people with a cervix aged 25 to 64 in England. The invite comes by post, text or the NHS app.

Visit [Why cervical screening is done - NHS](#) to find out more information.

For Families: Anxiety & self-care

Free 45-minute webinar where they will hear from one of our community engagement team, alongside a clinician from Kooth, who will share expert tips on:

- how to spot the signs of anxiety
- how to offer support if their child is struggling
- how Kooth can help.

[Book 26th Jan](#)
[Book 28th Jan](#)

January
2026

Oral Health

Around 1 in 4 autistic children have tooth decay by 5 years old. This can be painful and stressful, looking after their teeth helps prevent toothache and lowers the chance of needing treatment or going to hospital.

ToothPaste have developed a website with families, for families that offers tips and advice on brushing teeth, visiting the dentist as well as healthy eating and drinking for families of autistic children.

Head to the [Toothpaste](#) site to access downloadable resources.

Support to Stop Smoking

Join Marie, Brian, Vicky and Wayne, by starting your journey to becoming smoke-free today!

At Be Well, we understand that everyone's journey to quitting smoking is different. It could be your first attempt... or your seventh. Either way, with the right support you're four times more likely to succeed.

Whatever your story, you don't have to go it alone. Our FREE Be Well Stop Smoking Service can help build a personalised plan that works for you.

We've already helped more than a thousand residents since 2024... so why not give it a try for yourself? [Stop smoking | Health & Wellbeing Support | Be Well](#)