

# Healthy Schools News

September 2023



## Wigan Healthy Schools

Wigan Healthy Schools is a whole school approach to physical, social, emotional health and wellbeing. This programme supports you as a school to systematically develop and improve health outcomes and embed them into the culture of your school. This is achieved through:



**Conversation** - Create your individual School Health and Wellbeing Plan through an Annual Conversation.



**Communication** - Monthly school & parent Healthy Schools News.



**Annual celebration** 10<sup>th</sup> October 2023 at The Edge 9:30- 12:30 (email Healthy Schools to book)

**Share content** and outcomes with parents through your social media networks

**Book your conversation with us today!**

**How to contact us:** Healthy Schools Team [healthyschools@wigan.gov.uk](mailto:healthyschools@wigan.gov.uk)



[Anna Freud](#) have curated a Mentally Healthy School Autumn Calendar of events packed full of activity ideas and resources for you to use in classes.

There are also resources highlighted for Emotionally Based School Avoidance and transition toolkit to prepare Year 6 for the new Year 7's.



### GRIEF AWARENESS WORKSHOP

"I don't know what to say, I'm worried I will make things worse..."

Do you support or work with people who are struggling with Grief and don't feel confident enough to have a conversation with them? Would you like to add to your existing skill set? Join us for our 90 minute Workshops where we will Empower you with knowledge about Grief, dispel the Myths you will have learned and enhance your confidence in the support you offer



Dates from September onwards, please message for further info

[jane@thebereavementcafe.co.uk](mailto:jane@thebereavementcafe.co.uk)

### Cyclists - Get Winter Ready!

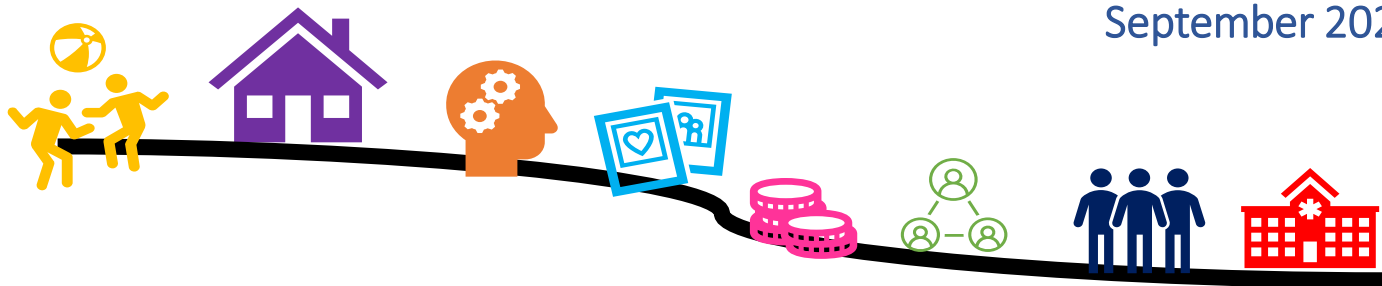
With winter fast approaching, it's important to stay safe when cycling to school, especially when it is dark. To support students and staff to cycle to School during the winter, we offering **free Dr Bike** (and bike light giveaways to Secondary Schools). The offer includes an after school Dr Bike session where our team of qualified mechanics will complete free bike checks and basic repairs so bikes are safe for winter. **Free bike lights** are also available for anyone who brings their bike along to see our mechanics.

For further information or to book a Get Winter Ready session, email

[richard.smith1@wigan.gov.uk](mailto:richard.smith1@wigan.gov.uk) or call 07407222257.

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**Greater Manchester Training and Safety Centre** offer amazing educational sessions **free** at their purpose built education centre in Bury.

Sessions include; identifying hazards around the house, escape maze, fire alarm safety, role of the fire brigade, practice scenarios in the call centre.

They also deliver in school talks to pupils from primary to secondary school

To book sessions please email [safetycentre@manchesterfire.gov.uk](mailto:safetycentre@manchesterfire.gov.uk)



We know you are all working hard to promote active travel to and from school with your families and pupils. Travel for Greater Manchester and [Modeshift Stars](#) want to recognise this effort with the chance to win scooters, training days and goodie bags.

Please contact Wigan's Road Safety Team to find out more about the accreditation

[road.safety@wigan.gov.uk](mailto:road.safety@wigan.gov.uk)

It's time for...

the

**KINDNESS**

challenge



Click [here](#) to find out more

**TALK**  
more

**SHARE**  
more

**PLAY**  
more



Wednesday 27th September 2023

[BOOK NOW TO RESERVE YOUR PLACE!](#)

# Healthy School News for parents &

carers ...

September 2023



**NHS**


As you may be aware from the news there have been a rise in dog attacks and potential future law changes which may have caused concern for parents and dog owners.

Dogs Trust are providing [free online masterclasses](#) about 'Living Safely with Dogs' and being 'Dog Smart' throughout October and November

We are aware that the COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school so we have laid out some information which we hope you will find help [Is My Child Too Ill For School?](#) School attendance is vital to the life chances of children and young people, being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.


**NHS**

**Better Health** Start for Life **NHS**



**Here to answer your breastfeeding questions, 24/7**

For breastfeeding support, search **Start for Life** or scan the QR code



National Breastfeeding Week will be taking place from 18th - 24th September. This year will continue and build on last year's theme, 'Everyone has a part to play in helping mums to breastfeed'.

**Schedule an asthma review for your child every year and after every attack**

Speak to your GP or asthma nurse to schedule a review.

#AskAboutAsthma  
11-17 September 2023



## Free Courses for Parents!

All Parents in Wigan can access three free online courses provided by One Plus One aimed at reducing the harmful effects of Parental Conflict on Children. The courses can be found by following the link [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) Parents then simply need to select Wigan.



**Better Health** Let's do this

[Stoptober](#) is back this October with a new national campaign designed to encourage and support smokers to quit for good.

The theme for this year's campaign is '**When you stop smoking, good things start to happen**' reminding smokers of the many benefits of quitting and providing useful tips to help them on their quitting journey. Smoking remains the single biggest cause of preventable illness and death. Since its inception in 2012, Stoptober has successfully helped 2.5 million smokers to make a [quit attempt](#)