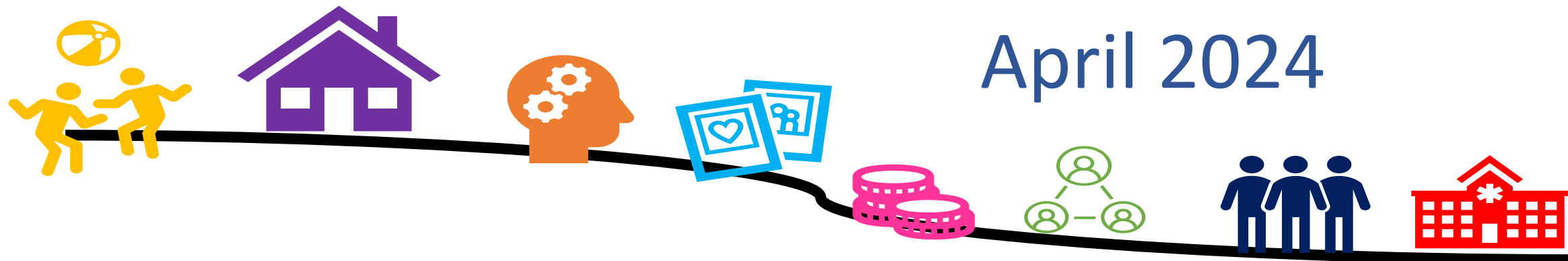


# Healthy School News



April 2024

## Bookings are now being taken for Annual Conversations in the summer term.

Schools have fed back that the Annual Conversation has been useful tool to reflect on what they are currently doing and the connections to services has been vital. One school felt reassured knowing that Healthy Schools is going to action the support discussed and the new connections made have been invaluable.

Email [healthyschools@wigan.gov.uk](mailto:healthyschools@wigan.gov.uk) or visit our [webpage](#) to make a booking.

### FREE Training for school staff

How big businesses are affecting our health and wellbeing.

Our lives, health and wellbeing are changing dramatically and it's not your fault. Find out how big businesses are using manipulation and addiction to make us unhealthier.

The training includes;

- What are Commercial Determinants of Health?
- How big businesses influence and manipulate your choices
- The impact it has on our health, wellbeing and long term conditions
- What you can do to empower yourself

Developed by public health and Be Well to raise awareness.

[April 18th 3:45- 4:30pm](#)

Free to all school staff or those with an interest in health and wellbeing.



### World Immunisation Week 2024 - 24 to 30th April

World Immunisation week long celebration aimed at highlighting the need for action to protect people from vaccine-preventable diseases.

This occasion encourages schools and communities to organise activities that enlighten children and young people about vaccines. This is especially important with the rise in measles.


The Herd Immunity Class simulation and Vaccination Debate kit activities are a great way to do this.

[Key Stage 3 Activities](#)

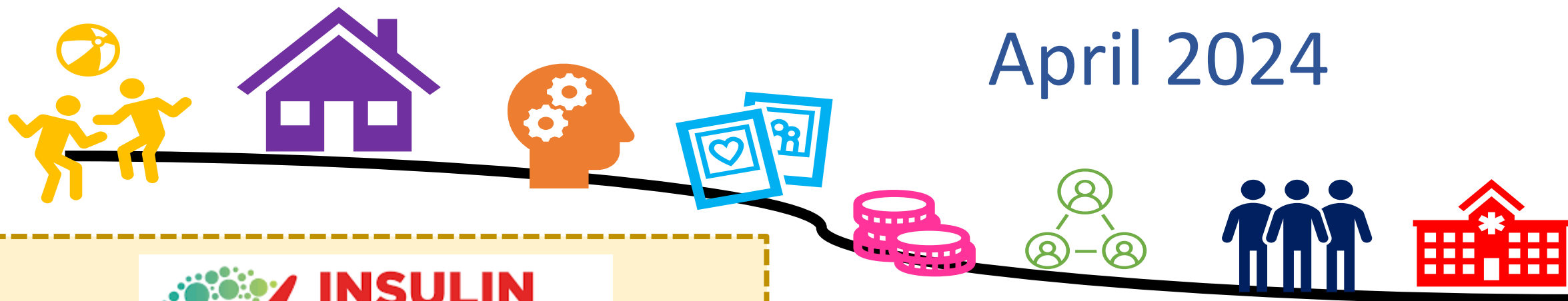
[Key Stage 4](#)

**Healthy Schools** has been active in schools over 12 months, having completed over 100 Annual Conversations. And our first Celebration Event in October 23 which was a great success. We are now looking to you for some feedback on the programme to date, how useful you have found the conversations, the Celebration Event and if the newsletter is a useful tool to engage parents and provides opportunities for staff.

We are also looking to develop the programme and support further and want to ensure it is fit for purpose. We would be grateful if you would spend five minutes completing a [feedback form](#)

Thank you 

# Healthy School News



April 2024



The week of the 1<sup>st</sup> – 7<sup>th</sup> July is Insulin Safety week and is designed to highlight the importance of managing Type 1 Diabetes appropriately for children, young people and adults who are living with it.

Insulin is a high-risk drug which is used in the management of Type 1 Diabetes. Too much insulin or too little Insulin can have adverse complications in **ALL** aspects of everyday life, so spare a thought for those who must use it to stay alive and healthy and..... next time you see someone wearing an insulin pump or see someone giving themselves an Insulin injection, ask them how difficult it is to manage their diabetes!

## National Smile Month



Between 13 May and 13 June 2024, the [Oral Health Foundation](#) will be raising awareness of important oral health issues with the theme: *Love Your Smile*



Poor oral health affects the children and young people ability to thrive and affects sleep, eating, speaking, and play. Poor oral health can also have a detrimental impact on education affecting children's ability to concentrate when in school and decreases school attendance due to medical procedures.

For your schools **free resources** or sign up to the Let's Get Brushing Scheme email [healthyschools@wigan.gov.uk](mailto:healthyschools@wigan.gov.uk)

The Safeguarding Network our hosting the first ever **Safeguarding and Mental Health Conference** for education staff this summer.

Through in-depth keynotes and specialist workshops, we will explore the mental health landscape in England and ways in which we can work together to support and safeguard children and young people.

[Book your place here](#)

The [NIHR Clinical Research Network](#) would like to tell you about two opportunities on offer for schools

### 'Ready for Research' children's book

This is a resource was created in collaboration with Alex Winstanley from Wigan. The book is designed to introduce children to the world of research and is aimed at children up to Yr 3. This age range was chosen to align with the school curriculum's focus on introducing children to the importance of helping their community and being part of research benefits society as a whole. Free copies are available as a tool to engage with children, please fill out the ['Ready for Research' request form](#)

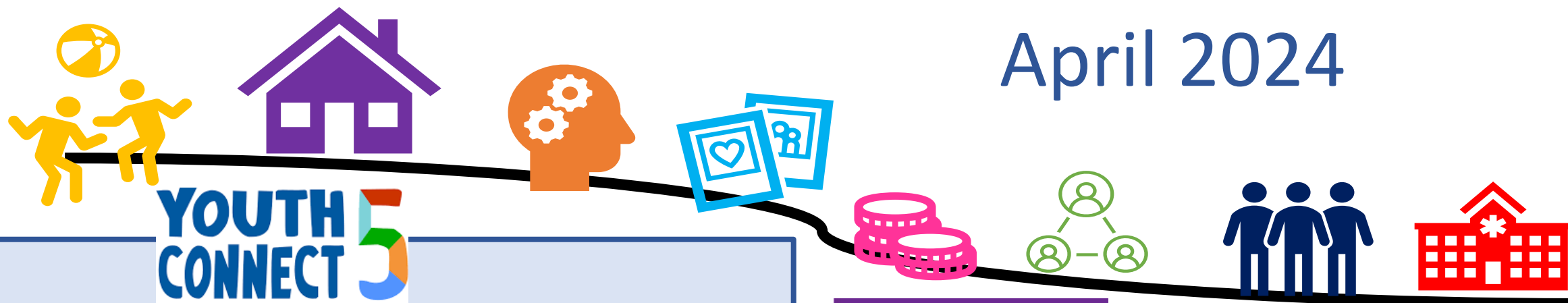
### School Assemblies

Introduce children to what research is, why we do healthcare research and try to explain different types of research. We include some interactive elements and we are developing a game which explains eligibility for studies and why it's important to properly identify who can take part in different trials. If you would like to discuss please contact Ashley Minchin [researchsupport.crngm@nihr.ac.uk](mailto:researchsupport.crngm@nihr.ac.uk)



# Healthy School News for parents & carers

April 2024



## Youth Connect Five Parenting Training

The course gives parents and carers the knowledge, skills and understanding to help their children develop strong emotional wellbeing through resilience-building techniques. The course runs for five weeks and covers the following topics;

- Wk 1. Understand young people's mental health
- Wk 2. Think about what makes us thrive
- Wk 3. Develop family resilience
- Wk 4. Understand why we feel the way we do
- Wk 5. Develop skills to support your children.

There is a short video [here](#) which gives you an insight to what is involved.

The course will be offered at the following times and venues:

- Friday 19th April 9:30-11.30 Leigh Central
- Tuesday 23rd April 1pm -3pm Atherton Start Well
- Wednesday 24th April 5:30-19:30 Wigan Central Family Hub the Meadows

To book on please email [parentingsupport@wigan.gov.uk](mailto:parentingsupport@wigan.gov.uk)

## Solihull Understanding Your Child

Free nine-week course which will help parents to:

- Understand child's behaviour and how they communicate.
- Recognise how your child is feeling.
- Reduce the difficulties you face in everyday life.
- Improve how you communicate with your child.
- Understand the importance of play.
- Develop good routines and boundaries.
- Improve relationships between you and child for a happier and calmer home.

The course will be offered at the following times and Venues:

- A Team Hub Leigh 25<sup>th</sup> April 10:00am-12:00pm
- Wigan Central Family Hub the Meadows 2<sup>nd</sup> May 12:30 -14:30

Parents can book a place by emailing [parentingsupport@wigan.gov.uk](mailto:parentingsupport@wigan.gov.uk)

MANCHESTER  
1824

The University of Manchester

Participants Needed for research exploring people's views and beliefs on young people and vaping in Greater Manchester. The research is being completed as part of a masters dissertation at The University of Manchester. Participants need to be;

- Aged 18 years or older
- Play a significant role in the lives of young people (teacher/parent/other key roles)
- Have access to a device with a stable internet connection

Interviews will last approx. 30 minutes.

If you are interested in taking part or would like further details, please contact:

**[lauren.moore-5@postgrad.manchester.ac.uk](mailto:lauren.moore-5@postgrad.manchester.ac.uk)**



**Transport for Greater Manchester** is exploring the possibility of allowing non-folding bikes on Metrolink, as well as considering adapted bikes, scooters, and a wider range of mobility scooters. The next crucial step is a guided pilot to assess the real-world impact of non-folding and adapted bikes on trams in various scenarios. Your participation in this research will contribute valuable insights as part of this research process, informing a final recommendation to the Bee Network Committee in the summer of 2024.

[Register your interest in volunteering for the bikes on trams pilot.](#)

**Research** shows that 16-24 year olds are the loneliest age group but also the least likely to take action to help themselves, the Every Mind Matters Loneliness campaign targets young people with the aim to normalise loneliness as a part of life and to reduce the stigma that often prevents people from accessing support. Please find a range of resources which are now available to download from the [Campaign Resource Centre](#)