

Healthy School News

December 2023



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 16th January 3:30pm – 4pm

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

Thursday 18th January 3:30pm – 4pm

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

Tuesday 23rd January 8am – 8:30am

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

Friday 26th 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

Poor oral health can affect children and young people's ability to sleep, eat, speak, play and socialise with other children.

We offer the supervised toothbrushing scheme, which is one of the top preventable measures for reducing these statistics, in Wigan and this a public health funded scheme.

To book your setting onto the funded supervised toothbrushing scheme for Early years, and Y1 please e mail the healthy schools inbox : Healthyschools@wigan.gov.uk



With the winter weather and cold snaps making people unwell with coughs and colds this is the perfect time to remind your students about infection control and personal hygiene.

[e-Bug](#) have FREE, simple and effective activity ideas that are mapped against the National Curriculum for Early Years to FE for teachers to lift easily into their planning.

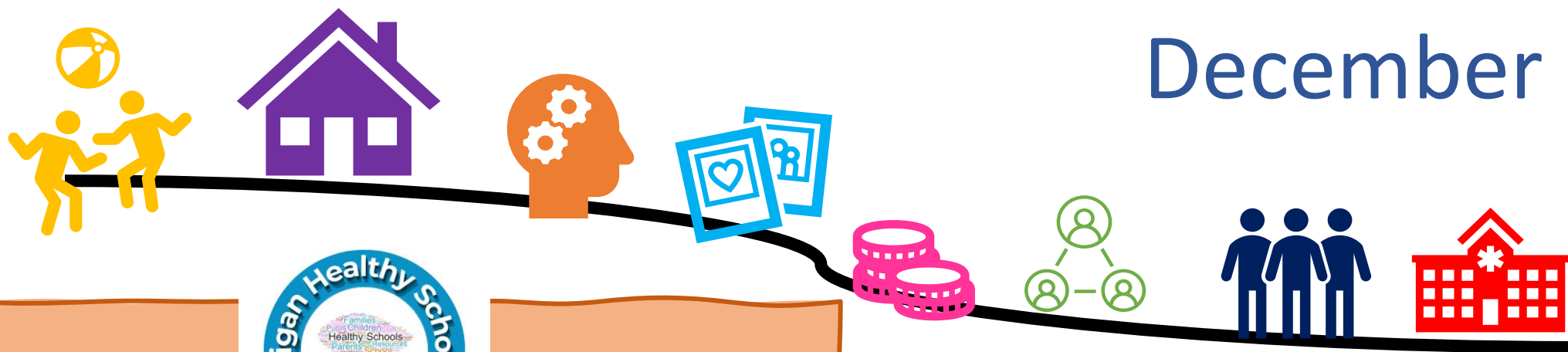
Healthy Schools 2023 journey so far

In the 12 months since we have launched Wigan's healthy School offer we have;

- Over 40 Annual Conversations with schools
- Held an incredible Celebration Event at The Edge with over 20 schools attending and our amazing local providers
- Created 100's of links with between our schools and our health and wellbeing providers
 - Presented at to our Headteachers
 - Attended a Governors Meeting
 - Increased take up of Be Well services
- Set up 8 parent/carer coffee mornings with our local providers with over 70 attendees

We would like to say a huge THANK YOU to our schools and providers for joining us on this journey and we look forward to building this offer in 2024, meeting many more of you and creating more links

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HUGE CONGRATULATIONS and thank you to all the schools that have had their Annual Conversation in 2023! We are so unbelievably proud of the Healthy Schools Programme and hope that those who have taken part so far are feeling the positive impact.

All Saints Catholic Primary School, Golborne, Wigan
Aspull Church Primary School
Atherton Community School
Bedford High School
Castle Hill St Philip's CofE Primary School
Christ Church CofE Primary School, Pennington
Garrett Hall Primary School
Hindsford CofE Primary School
Holy Family Catholic Primary School, New Springs, Wigan
Landgate Primary School
Leigh Central Primary School
Leigh CofE Primary School
Leigh St Mary's CofE Primary School
Lowton Junior and Infant School
Mab's Cross Primary School
Marsh Green Primary School
Marus Bridge Primary School
Newton Westpark Primary School
Orrell Newfold Community Primary School
Our Lady's RC Primary School Wigan
Platt Bridge Community School
Sacred Heart Catholic Primary School Leigh
Shevington Vale Primary School
St Bernadette's Catholic Primary School
St Catharine's CofE Primary School
St Cuthbert's Catholic Primary School Wigan
St Gabriel's Catholic Primary School
St James' Catholic Primary School Orrell
St James' Church of England Primary School
St John Fisher Catholic High School
St John's Church of England Primary School, Abram
St Jude's Catholic Primary School Wigan
St Mary and St John Catholic Primary School
St Oswald's Catholic Primary School
St Patrick's Catholic Primary School
St Stephen's CofE Primary School
St Thomas CofE Primary School
St Wilfrids Catholic Primary School
Standish Community High School
Tyldesley Primary School
Tyldesley St George's Central CofE Primary School and Nursery

We look forward to visiting again in 2024 to review the programme and make more links for your school communities. 😊



Across Wigan and Leigh there is significant amount of open water including canals, flashes and quarries. FREE water safety assemblies and workshops are now available for schools to book for delivery from January 2024 onwards. To book simply complete the Canal & River Trust Explorers [online booking form](#)

Standish Community High School had a really good litter picking session with Beverley from Be Well.



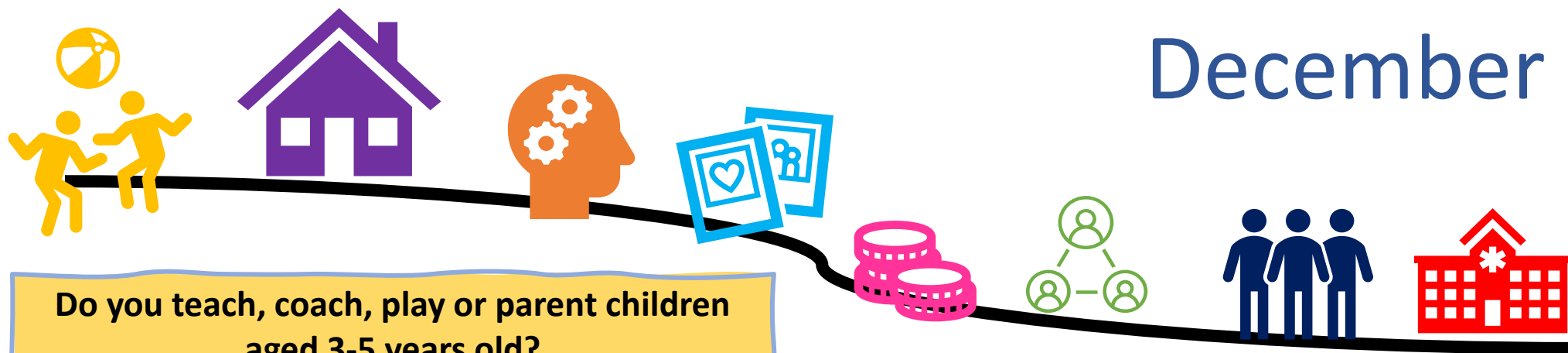
They collected a significant amount of litter from the surrounding area of the school which otherwise would of be left in the environment.



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

Healthy School News for parents & carers

December 2023



Do you teach, coach, play or parent children aged 3-5 years old?

Young children are unfortunately not moving enough, and the University of Derby are conducting research exploring perspectives and opinions on physical activity and physical literacy in relation to 3–5-year-olds.

How can you help?

Complete a brief [online survey](#). Share the survey with staff and parents (preschool/reception) where there is a chance to win an Amazon Voucher or a year's free subscription to [My First Five Years](#) child development app on either IOS or Android

Lancashire Wildlife Trust, along with Wigan Council and Forestry England, are inviting you to **Greenheart – Walking & Talking Workshops**

The events are a chance to tell us how you explore and enjoy different green sites across Wigan. The walks are no more than two hours. We will have friendly conversations while we walk, covering things like how often you visit the site, how safe you feel, and your thoughts on how things could be improved in the future.

You can find details of our Walking & Talking events and book your free place on the links below;

- [19 January, 1:30 pm, Amberswood, Low Hall carpark, WN2 3UD](#)
- [26 January, 1:30, Kirkless Nature Reserve, Camberwell Crescent entrance, WN2 1BB](#)
- [2 February, 1:30 pm, Platt Bridge to Bickershaw Connections, Low Hall carpark, WN2 3UD](#)
- [9 February, 1:30 pm, Wigan Flashes, Wellham Road entrance, WN3 5PA](#)



[Wigan Athletic](#) have lots of Christmas activities including our Football Camps, Holiday Activity and Food Camps running this winter break.

Making Space for your Mental Wellbeing

Making Space Psychological Wellbeing Service offers support for those who are struggling with mild to moderate common mental health conditions. The support is free, is tailored to you and your needs, and is available to those 16 years and over living in Wigan.

It's normal for everyone to experience changes in mood, but, if the way you are feeling is affecting your life in a negative way, it could be that your mental health is under strain and that you need some support to feel better. Email or call on the number below to see how we can help.

Email: masp.wellbeing@nhs.net

Phone number: 01925 581755

[We Are With You](#) will be delivering monthly drug and alcohol training to parents/carers & professionals at Wigan Central Family Hub, 110 - 116 Ridyard Street, Wigan WN5 9RQ.

This training is for anyone supporting a young person who is at risk of or is using substances. With You have carefully chosen resources that anybody can complete with a young person, whether you are a parent/carer, professional, friend or family member.

We will meet on the second Thursday of each month, starting on the 14th of December 2023 and running up to and including the 9th of May 2024. We will meet at 6pm to 8pm.

Please email john.settle@wearewithyou.org.uk or telephone 01942 827979 to book

Our People - Here for You

Wigan Council

Crisis Support

If you cannot afford to heat your home or feed your household you can seek urgent welfare assistance call **01942 705221**

For urgent mental health support contact Wigan Mental Health Urgent Care Team on **0800 953 0285** or the Samaritans on **116 123** lines open 24/7

For more details on cost-of-living support available in Wigan Borough visit www.wigan.gov.uk/hereforyou

NHS

As we go into winter, common illnesses can keep children and teenagers away from their classmates and studies. One of the best things we can all do to avoid illness is to practice good hand hygiene. Good hand hygiene helps stop infections from spreading, which means less disrupted learning time.

These videos will help teach [young children](#) or [teens, parents and professionals](#) how to wash their hands properly.