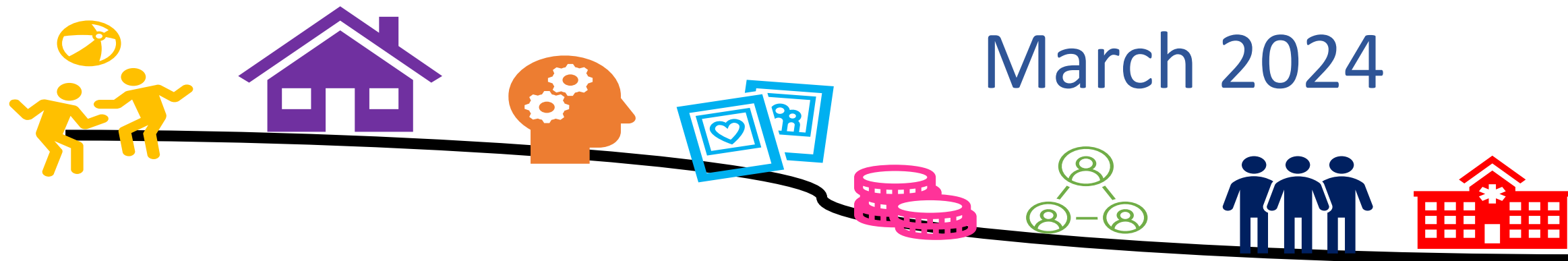


Healthy School News

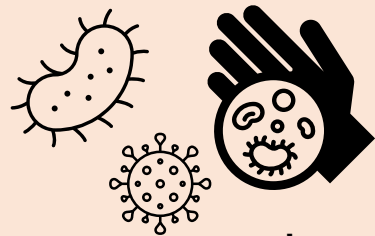


March 2024



operated by UK Health Security Agency

[e-Bug](#)



An international educational resource covering the world of microbes, infectious disease, for ages 3-16 years.

e-Bug resources contain:

- Teacher guidance
- 43 activities
- 60+ extension activities
- Assessments for learning in every lesson
- Accreditation by the Association for Science Education.

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

FREE Training for all 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

[April 16th 3:30- 4:15pm](#)

[April 17th 3:30- 4:15pm](#)

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

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

Essential Parent

Essential Parent is an online library of expert-led and evidence-based parental advice, running from conception to the teenage years.

On registration to the system staff are able to select and deliver tailored content to parents via email and text. Registered parents will be able to access to all the information you send them, including search a wide range of helpful resources.

Information is available in a variety of formats; videos, leaflets and articles. You can choose to send standard resource bundles created by experts or develop your own personalised bundles based a family or a school priority. To sign up please email healthyschools@wigan.gov.uk

Active Travel

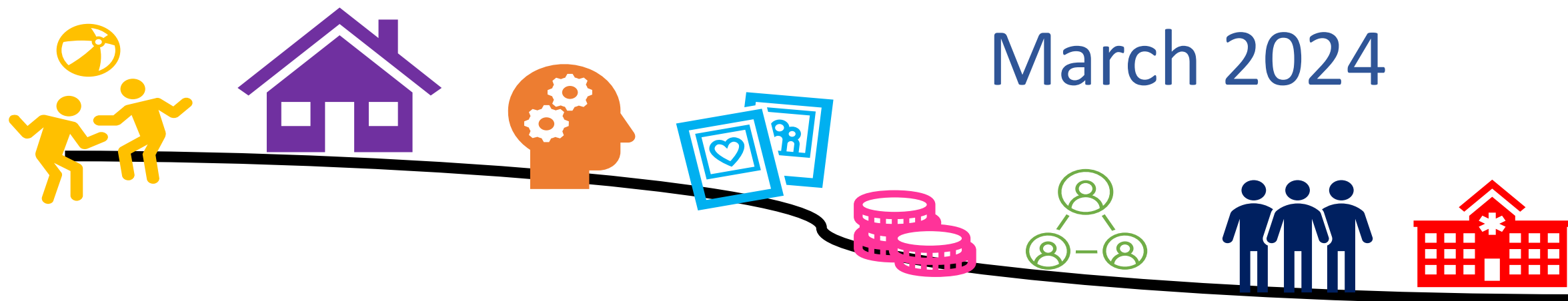
Our latest Active Travel participants Holy Family Primary School in Boothstown attended a daily Walking School Bus which ran in February with over 20 getting involved. They received a treat at the end of the week if they managed to walk 4 out of the 5 days. It was also boosted by the parents wanting to continue after the holidays.

The schools Mini Police participated in a litter pick in the local area. They were very determined and worked incredibly hard.

Congratulations to Mrs Roberts, the staff at Holy Family who supported the activities and of course the children and parents who got involved too.

If you'd like to look at opportunities to reduce cars and traffic outside your school, please contact Bev Baldwin B.Baldwin@wigan.gov.uk

Healthy School News



March 2024

Free presentations and performances for high schools

HF Works- hate crime and knife crime

HF Works is a grassroots organisation that empowers and inspires young people and their families. They developed a presentation for yr 9 students in response to the increase in knife and hate crime in Wigan borough. Sessions are available in person, recorder versions are available.

For further information, please contact enquiries@hfworks.co.uk

Oddarts- Consent performance 'Grey area'

Oddarts provide a 90 minute interactive workshop aimed at yr 9-11, which explore helpful tools for the students around consent, boundaries and the confidence to speak up. The workshop will include a 30 min play depicting characters who are 15-16 years old and will cover things unwanted touch, uninvited explicit images and consent violations.

Please contact lovemegfenwick@gmail.com

Please note, both have been developed with catholic schools, so the curriculum and ethos of delivery have been taken into consideration.

Create your own schools' Good Life Charter

Do you find that your pupils are distracted by new trends and consumerism?

While many young people buy into consumer culture believing it will make them feel better about themselves and help them to make friends, often the reverse happens.

The [Schools' Good Life Charter](#) supports secondary school students to co-design their own Good Life Charter to help their whole school community break the spell of excessive consumption, which makes children feel inadequate, judged and unhappy, and is a major contributor to our climate and ecological crisis.

Steer Prevention Programme

Salford Foundation deliver Steer, a prevention programme for those at risk of experiencing youth violence. Providing young people to gain the skills required to find alternatives to criminal activity. Aiming to build on existing interests, skills and aspirations through 121 mentoring.

To be eligible pupils must be 10 to 17 yrs and be at risk of perpetrating or being a victim of serious crime.

Telephone number: 0161 787 8500
youthservices@salfordfoundation.org.uk

Walk to School Challenge



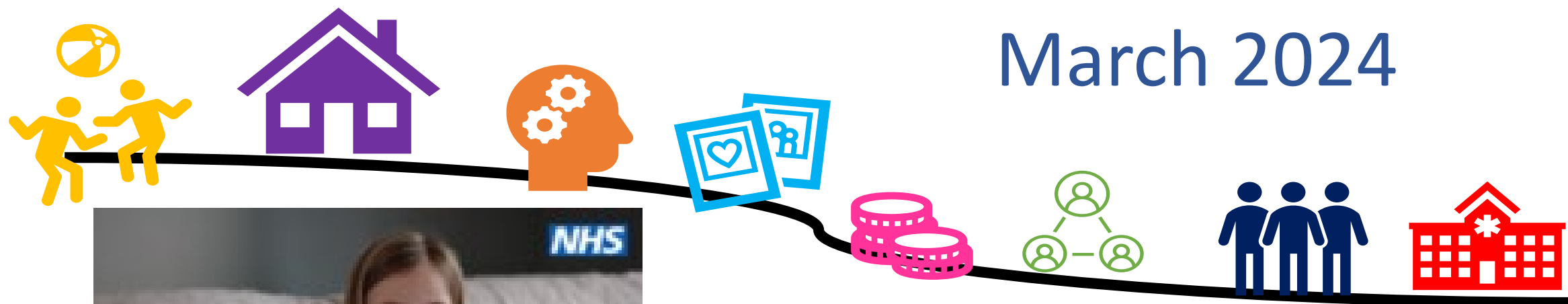
WOW is a pupil-led initiative where children self-report how they get to school every day using the interactive WOW Travel Tracker. If they travel sustainably (walk/wheel, cycle or scoot) once a week for a month, they get rewarded with a badge.

More information [HERE](#)

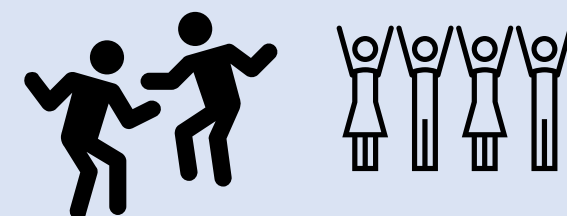
If your school hasn't previously participated there are fully funded opportunities available

Healthy School News for parents & carers

March 2024



Leigh Youth Hub



Leigh Youth Hub have an extensive, free after school offer for the young people wanting to socialise somewhere safe, warm and fun Monday to Saturday.

Sessions include Mix- up Mondays, Youth Cabinet, Global Friends, monthly bike sessions and open sessions Thursday and Friday.

To find out more please email youthhub@leighsportsvillage.co.uk or check out their [facebook page](#)



COMMUNITY TRUST

SWAP SHOP



Wigan Athletic Community Trust PL Kicks invite you to bring down old football boots, kit, shin pads etc... to either donate or swap with another item in the box. Any items not claimed will be reused or recycled.

Contact r.wood@wiganathletic.com for more information



kooth

How to support your child to manage exam stress

In April [Kooth](#) (mental wellbeing service) are running webinars specifically to help parents and carers with children sitting exams.

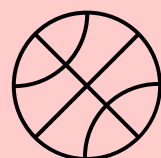
To book please click the links below

[Mon 22 Apr. 1-2pm](#)

[Thu 25 Apr. 6-7pm](#)

Don't worry if you are unable to attend any of the live dates. Simply select the 'I cannot attend' option below and Kooth will send you a recording of the session and related resources.

Be Well- Let's Get Movin'



We believe that everybody should have the opportunity to stay fit, active, and healthy, whatever their age or circumstances.

Our Let's Get Movin' programme provides a health referral service for children and young people aged 2-17 years who have a range of medical conditions and/or health needs.

For more info and eligibility criteria, visit: [Let's Get Movin' \(wigan.gov.uk\)](http://wigan.gov.uk)

To refer your child or a pupil at your school, its really simple, follow the link and complete the form.

[Sign up to Let's get Movin' | Instructions – Wigan Council](#)