

Healthy Schools News

July 2023



Book your conversation with us for the start of the new term!

How to contact us: Healthy Schools Team healthyschools@wigan.gov.uk



The summer holidays offer an opportunity to recharge, but some children may find themselves struggling without the structure and support network of school.

Anna Freud have created **free** #SelfCareSummer packs for primary school. Packs feature a range of creative activities based on self-care strategies that other children have found useful in helping them stay mentally healthy.

It is also important that **staff** look after their mental health and wellbeing over the holidays, which is why we've teamed up with **Education Support** to create self-care resources for education staff with tips and resources to support you in looking after your wellbeing.

Get travel ready for September

The Active Travel team are happy to work with schools to encourage walking, wheeling and scooting. We can offer advice and initiate the set up of Park and Stride to enable parents to park away from the school and walk the rest of the way clearing the roads and pavement immediately around the school gates. We also offer help with organising Litter Picks which creates another opportunity to walk whilst helping to keep the areas surrounding the school free from litter and nurturing a love of a clean environment in which to live and play.



Wigan schools led the way during the Sustrans Big Walk and Wheel earlier this year- with 12 local schools taking part- the most across all of Greater Manchester 🍌

A special congratulations to Bickershaw Primary and St Johns Abram who had the most pupils walking, cycling, scooting and wheeling to school in Wigan borough during the challenge

We've awarded two balance bikes and hi-viz bibs to each school, to say well done and help them to get even more of their pupils walking, wheeling and cycling to school 🧡





We are with you

We Are With You are offering drug and alcohol awareness sessions for anyone working with people under the age of 25. The sessions are roughly 2 hrs, interactive & fun. Training will cover themes and trends across the borough, reasons why young people use substances, take risks and some harm reduction messages that you can deliver. You will have access to resources & drug use screening tool when working with young people.

If you would be interested in accessing this training, please email spoc.wlyp@wearewithyou.org.uk or access our activity request form through google here <https://forms.gle/UxhMq9ipBvn6zXSc8>

Golborne Primary School got in touch with Healthy Routes to put together a coffee morning for the parents to increase engagement and raise awareness of local services. Services included Community Link Workers, Healthy Routes, Be Well, libraries, Start Well and Tech Mate.



It was really well attended and parents feedback that it was very useful. If you would like to set up a coffee morning for your school please email healthyschools@wigan.gov.uk

Sun Safe Schools

Given our recent heatwave (with more due soon) we know how important it has been to keep your pupils safe in the out in the playground and hydrated in lessons.

[Sun Safe Schools](#) have created an accredited programme providing primary schools with **free** resources to assist them in their duty of care to safeguard children against UV and prevent skin cancer through education as part of the new PHSE curriculum



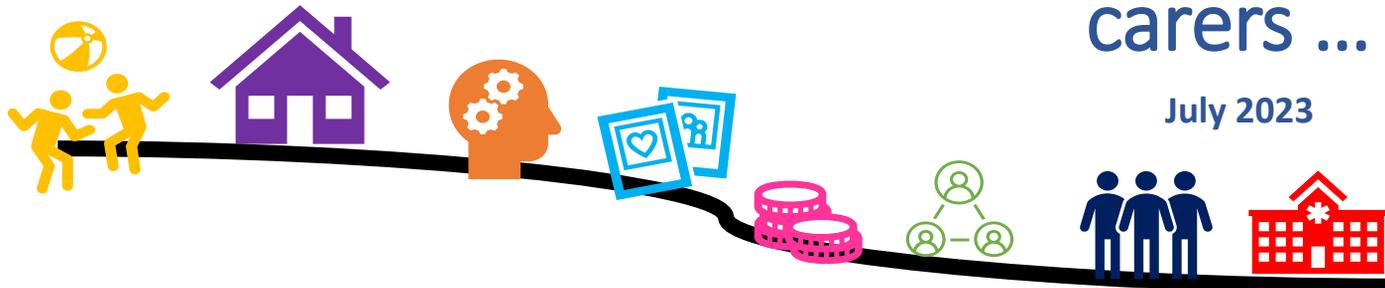
Wednesday 27th September 2023

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

Healthy School News for parents &

carers ...

July 2023



The Holiday Activity and Food (HAF) programme is back for Summer 2023. The HAF programme enables children, aged 5-16 yrs, on benefit related free school meals to stay healthy, physically active, and socially included, throughout the school holidays.

This Summer children will receive 16 days' worth of activities including lunch (16 credits) that you can register and book on to using their holidayactivities.com voucher.

If your child is eligible, you should have received a voucher via email or text .

Please check your junk/spam mailbox before contacting your child's school if you do not receive this.

Our HAF Summer dates are running across the whole 6-week period from 24th July to 1st September.

We have a range of activities from Sport, Performing Arts, Media, Arts and Crafts, plus much more!



Electric bikes and scooters are becoming increasingly popular. Most are powered by lithium-ion batteries which can be charged in the home. The use of these batteries in a wide range of household products is becoming increasingly common.

It is important when charging e-bikes and e-scooters, you do so safely to avoid a risk of a fire starting and putting your families and homes at risk.

For advice on safe storage and charging

[Manchester Fire Safety](#)

Family Welfare

Lots of fun Giveaways

Family Welfare are celebrating 65 years of service with a...

COMMUNITY FUN DAY!

& IT'S ALL FREE!

Sandwiches & Drinks

Petting Zoo & Falconry

Ice Cream & Refreshments

Inflatables & Creepy Crawlies

Much more on the day!

FIRST 250 GET A FREE GOODIE BAG!!!

Save the Date!

Friday 1st September, 11-4pm
Adult Learning Centre,
Walmesley Road,
Leigh WN7 1XL

Further details call 01942 867888
or visit familywelfare.co.uk

Look out for updates on social media



Float To Live

Wigan and Leigh has a lot of open water (canals and flashes) and it is tempting to cool off in the hot summer weather.

Unless supervised by life guards or trained staff it is NOT safe to enter the water.

If you see someone in difficulty in the water remember 'call, tell, throw'

- Call 999 and ask for fire if inland or the coastguard if by the sea.
- Tell the struggling person to try to float on their back.
- Throw them something that floats.

UK Health Security Agency

NHS

Going away in the school holidays?
Make sure your child is protected from measles.

Two doses of the MMR vaccine provides lifelong protection – if they're not up to date, contact your GP before you travel.