

Healthy School News

September 2020

From the Health School Age Operational Group

Training and Events dates please book by emailing HIT@halton.gov.uk

Mental Health

Did you know that 1 in 8 young people aged 5 to 19 will face a mental health problem? 90% of people with mental health problems say they've faced stigma and discrimination as a result - and those negative reactions can be harder to deal with than the mental health problem itself.

Time to change have launched our In Your Corner campaign for schools, which takes place every November.

Schools can now sign up to take part in our In Your Corner Campaign this November. You will receive brand new digital resources to help deliver four short sessions on mental health. <https://www.time-to-change.org.uk/get-involved/get-involved-schools/sign-in-your-corner>

We know that if students feel their emotional wellbeing is being prioritised, they are better able to engage in learning and reach their full potential.



Halton's Mental Health Information point provides details of support available locally and nationally for all ages. A section for professionals has recently been added providing a wealth of information and resources to help you support pupils.

www.halton.gov.uk/mhinfopoint



Child Bereavement UK in Cheshire have been awarded a funding to be able to offer young people aged 11-18, along with the wider school community, bereavement support in Halton schools for the academic year 2020-2021.

The aim of the project is to support schools by offering support and information to young people, teachers and the whole school community when a pupil or teacher is bereaved, there is a death of a pupil or staff member or there is anxiety in the school population around death especially at this time of the COVID-19 pandemic.

Currently bereavement support sessions would be offered at school by telephone, video or instant messenger with the hope that these bereavement support sessions could be offered face to face as soon as possible.

To find out more about the support Child Bereavement UK are able to offer in school or to discuss a referral for a young person, please contact a member of Child Bereavement UK's Cheshire Team on **01928 577 164** or cheshiresupport@childbereavementuk.org

Lifestyle

PARENT BITESIZE WORKSHOPS

Our parent bitesize workshops are now being delivered online for Halton parents and carers.

Sleep and Screens	Wednesday 23rd September 10am Monday 5th October 6pm
Fussy Eating and Snacks	Monday 21st September 1.30pm Tuesday 29th September 6pm Wednesday 7th October 10am
Mental Health & Emotional Wellbeing	Tuesday 29th September 10am Tuesday 13th October 6pm

The workshops last 40 minutes, and participants will watch and listen to the presentation on their device via Skype for Business.

To book a place, email HIT@halton.gov.uk. Joining instructions will be shared upon booking.

SCREENS AND SLEEP

As children return to school, parents may be finding it hard to get children in to a good sleep routine.

Check out the latest video from Halton Health Improvement Team around how to manage the use of screens in the evening and in the bedroom, to promote better sleep:

<https://www.youtube.com/watch?v=KdvS0sCieQU>

For more HIT videos, check out the Start Well playlist on YouTube:

<https://www.youtube.com/playlist?list=PLeXIVsKOOx2YOWnizCgnzm5ILl5Gn9GLQ>



FREE ONLINE TRAINING

CYP Brief Lifestyle Intervention for Practitioners

New dates are now available for this free CPD accredited online* course, delivered by the Health Improvement Team.

It is suitable for anyone who works with children and young people aged 5+. The course aims to equip you with knowledge, tools and resources to support lifestyle change with your clients, through brief intervention, whether working face to face or remotely.

Next available courses:

Introduction to Healthy Eating

Tuesday 6th October 10am – 11.30am

Thursday 12th November 10am – 11.30am

Sleep, Screens and Physical Activity

Tuesday 13th October 10am – 11.30am

Thursday 19th November 10am – 11.30am

To find out more and to book your place, email: HIT@halton.gov.uk.

**You will need Skype for Business installed on your computer or device, as slides will be shared via this platform.*

Health Improvement HIT@halton.gov.uk

Sports development sports.development@halton.gov.uk

School Games Joseph.Obiro@halton.gov.uk

External services

Triple P Parenting



How can I refer to Triple P ?

<https://halton.me/fit-4-life-triple-p-referral-form/>

What will course entail ?

Virtual courses are small groups with a Triple P Practitioner over skype call, opportunity for discussion and will take around 6 weeks.

Face to Face courses limited numbers over 6-8 weeks

What if parent can't participate in virtual course? _

Parents will be contacted and offered a virtual course or to defer to a future face to face group course. Parents will be supported to use the skype for business app.

NSPCC

NSPCC school programme will not be delivering face to face in Autumn term. However, for schools who are due for a visit this year NSPCC will be sending a virtual assembly with follow up materials for the schools to use. They are hoping to restart face to face delivery in the spring term
Below are some useful NSPCC resources:

- Coronavirus safeguarding and child protection information for practitioners www.nspcc.org.uk/covid-19
- Coronavirus advice and support for parents and carers www.nspcc.org.uk/coronavirus,
- A webinar delivered with MyConcern sharing expertise and guidance on supporting children and young people at this time <https://youtu.be/9LUowLH6f10>

Sexual Health Tutorial and assemblies for Year 10 pupils and Sixth form drop in.

Flyers can also be provided to schools for young people on the services available

<https://www.axess.clinic/find-service/axess-services-halton/>



New temporary Service from Barnardos -See, Hear, Respond

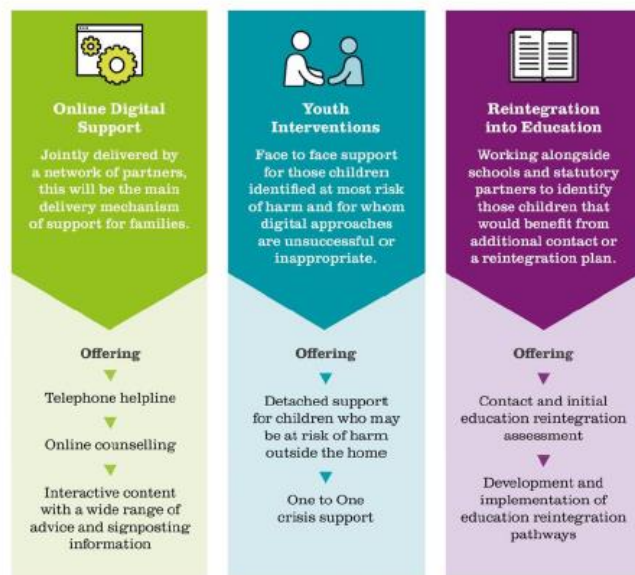
See Hear Respond is a new service developed to fill the widening gap for children and young people during COVID-19. From June to 31st October 2020 it will work to find those children who are hidden from view; who are not receiving support currently from statutory organisations and those who are at risk and/or experiencing adverse impact to their health and wellbeing.

More information on

<https://www.barnardos.org.uk/see-hear-respond>

Free phone: 0800 157 7015

Online self-referral: <https://www.barnardos.org.uk/see-hear-respond>



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