

Information for parents and carers

Your child's school may have invited Halton Health Improvement Team and other partner organisations to deliver pupil workshops on a range of topics to support your child's personal, social and health education (PSHE).

You can learn more about what the workshops from the Health Improvement Team include here:

Session	Fit 4 Life (Healthy Eating)
Year groups	Year 5 (also appropriate for Year 4 and Year 6)
Session overview	This is a fun and interactive session that introduces children to understanding food labels. We discuss food packaging and how it can influence our food and drink choices. Children will learn a simple technique to identify food and drinks that are high in added sugar and fat using the nutrition information on the label. Children will be encouraged to think about healthier alternatives to high sugar and high fat food and drinks. We will explore the maximum daily sugar recommendations, how it can be easy to exceed this amount, and ways to try and keep within the recommended limits.
Facilitators	These workshops are facilitated by practitioners from Halton Health Improvement Team.
SEND	This session is inclusive for children with special educational needs, as we use a variety of teaching methods, including games, images and group discussion. There is an adapted version of this session for special schools which is suitable for children of all ages and developmental stages.
Further info and support for parents/carers	Healthy families - further info and workshops

Session	Alcohol Awareness
Year groups	Year 6
Session overview	This is an interactive session that helps children to understand what alcohol is and how it can affect the body in the short-term and long-term. Pupils will explore the reasons why some young people drink alcohol, such as peer pressure, and help to equip children with the confidence to make their own informed choices. Children will learn about the law around alcohol, and also about keeping safe and how to put someone in the recovery position if they become unconscious. The session also includes a 'beer goggles' activity where children will experience how vision can be impaired after excessive alcohol consumption, to highlight the safety risks.
Facilitators	These workshops are facilitated by practitioners from Halton Health Improvement Team.
SEND	This session is inclusive for children with special educational needs, as we use a variety of teaching methods, including interactive activities, images and group discussion. There is an adapted version of this session for special schools with groups of pupils where these session is deemed appropriate.
Further info and support for parents/carers	Info and support for young people: Teenage drinking – Drinkaware.co.uk Halton Drug & Alcohol Youth Support 0151 907 8305 Info and support for adults: NHS Alcohol Advice Mydrinkaware app Alcohol Advice Quiz – Change, Grow, Live Alcohol support in Runcorn and Widnes – Change, Grow, Live

Session	Tobacco and Vaping Awareness
Year groups	Year 6 <i>Where there is a need, this session can be modified for years 3, 4 and 5.</i>
Session overview	This is an interactive session that aims to raise awareness with children about the impact of smoking on health, the environment, finances. The session intends to give children knowledge to make informed choices about risk-taking behaviours as they grow up, including the reasons people smoke and resisting peer pressure. The sessions also includes an overview of the law on tobacco and vaping, and touches on nicotine addiction. During this session we will address the growing trend of vaping, particularly amongst young people, and how vaping was intended as an aid to quit smoking for adult tobacco smokers.
Facilitators	These workshops are facilitated by practitioners from Halton Health Improvement Team.
SEND	This session is inclusive for children with special educational needs, as we use a variety of teaching methods, including interactive resources, images and group discussion. There is an adapted version of this session for special schools with groups of pupils where these session is deemed appropriate.
Further info and support for parents/carers	Tobacco: Halton Stop Smoking Service 0300 029 0029 Young People and Smoking – ASH Local help to quit smoking Learn about nicotine – TalkToFrank.com Smoking and your baby – advice for parents Vaping: Young People and Vaping - NHS Learn about Vapes – TalkToFrank.com

Session	Sleep and Screens
Year groups	Y4, but suitable for all of KS2
Session overview	This workshop will help children to recognise how screens can affect our health and wellbeing, and explore ways to get a better night's sleep. This session was created with children in Halton, and uses their ideas and experiences to promote healthy sleep habits. Children will also learn about how their sleep differs to adults' sleep. They will also learn practical tips for healthy sleep routines and how to manage screen time at home.
Facilitators	These workshops are facilitated by practitioners from Halton Health Improvement Team.
SEND	This session is inclusive for children with special educational needs, as we use a variety of teaching methods, including games, images and group discussion. There is an adapted version of this session for special schools which is suitable for children of all ages and developmental stages.
Further info and support for parents/carers	Sleep: Sleep and ADHD Sleep – A guide for parents of children with Autism Screens: Screen time – impacts on children Keeping your child safe online

Session	Mammals and their Milk
Year groups	Years 1 – 6
Session overview	Explore the fascinating science behind how mammals feed their babies in this engaging and hands-on workshop! Discover the wonders of human milk, it's incredible properties, and the magic it holds. This interactive session is designed to inspire curiosity and deepen your understanding of this extraordinary aspect of biology.
Facilitators	These workshops are facilitated by practitioners from Halton Health Improvement Team.
SEND	This session is inclusive for children with special educational needs, as we use a variety of teaching methods, including games, images and group discussion. There is an adapted version of this session for special schools which is suitable for children of all ages and developmental stages.
Further info and support for parents/carers	Does breastfeeding really belong on the school curriculum? NHS Benefits of breastfeeding Infants & new mums — First Steps Nutrition Trust Local infant feeding support: Halton Infant Feeding Team

If you would like to discuss any of our workshops, please contact HIT@halton.gov.uk or call 0300 029 0029.