

Halton Healthy Schools Award supports a whole-school approach to health and wellbeing. Achieving Healthy Schools Status helps embed healthy practices into school culture, with a commitment to involving pupils, staff, and families in creating a supportive ethos through policies and planning. Halton Healthy Schools promotes a reduction in health inequalities.

Healthy Schools should:

- Adopt a whole-school approach to health and wellbeing
- Ensure equitable access to resources and opportunities
- Deliver high-quality PSHE to build decision-making and connect pupils to local support
- Embed a mental health framework to support staff and pupil wellbeing
- Involve parents, carers and the community in addressing health, wellbeing and social determinants of health
- Foster a healthy culture around food choices, mealtimes and rewards
- Integrate physical activity throughout the school day and beyond
- Develop inclusive policies with input from pupils and families
- Actively engage vulnerable and disadvantaged children in activities to enhance health, wellbeing and health literacy



What to expect:

- Book your annual visit - email HIT@halton.gov.uk
- Health Improvement Practitioner arranges visit to complete needs-assessment
- Select workshops/training/programmes from the FREE offer
- Receive your award at the annual celebration event



Gold Award for schools who engage with Healthy Schools visit, meet the Healthy Schools criteria and complete evidence-based framework.



Silver Award for schools who engage with Healthy Schools visit and meet Healthy Schools criteria.



Bronze Award for schools who engage with Healthy Schools visit.

Brought to you in partnership by: Halton Health Improvement Team, Halton Public Health, Halton 0-19 Team, Cheshire Police, British Red Cross, Road Safety Team, Environment & Economy, NSPCC, Child Bereavement UK, Living Streets, Beacon Counselling Trust

Framework & Needs Assessment



Mental Health & Resilience Framework (MHARS) - Sets out 7 key areas for good mental health, wellbeing and resilience. We will support you to assess your current practice, support development and celebrate good practice.



School Nurses deliver the Healthy Child Programme; promoting the health and wellbeing of all young people (5-19). Your school nurse will assess individual needs and the needs of the school through a health profile. School Health will contact schools to offer Oral Health (R, Y2 & Y5) and Growing & Changing

For Your School



Celebration Event Annual event for 2 staff and 2 pupil representatives. Schools will be awarded the Healthy Schools certificate. **Booking essential.**



Healthy Schools News is sent out each term with the latest news, local activities, training dates and opportunities for your school.



Halton Healthy Early Years Status If you have a nursery class or Early Years provision, there is a separate Early Years Award - [HHEYS Award](#)



Breastfeeding Welcome Award – Sign up for free to ensure that your setting meets the highest standards of breastfeeding friendliness in your community.



WOW by Living Streets' walk to school challenge - Pupils log daily journeys to earn monthly badges. WOW increases walking and reduces cars around school.



Junior parkrun - is a free, fun weekly event for children aged 4–14, with the parkrun team delivering school assemblies to raise awareness and encourage physical activity, wellbeing, confidence and community connections. tom.rowlands@parkrun.com



Obesity Self-Assessment Framework – demonstrate a whole-school approach to healthy eating and physical activity; set an action plan for the year ahead

For Families and Local Community



Halton Health Improvement Team offer a range of services and programmes, including:

- Healthy weight support for adults, children and families (Fresh Start, Fit 4 Life)
- Parenting programmes (part of Family Hub parenting offer)
- Stop smoking support
- Age Well service for over 55s

Find out more: [Health Improvement Team](#)

Visit haltonfamilyhubs.co.uk for all support services and activities for Halton families

For Pupils

NSPCC

Speak Out Stay Safe

Equip children with knowledge and understanding to stay safe from abuse and neglect. Children are taught to speak out if they are worried.



Oral Health R, Y2 & Y5

Interactive session on oral health. Includes: reducing sugary foods and drinks, brushing teeth & visiting the dentist.



Fit 4 Life 2 - Year 5

Sugars, fats and food labelling - how to make healthier choices, particularly around snacks.



Mammals and their Milk - Y3/4

Explore the fascinating science of how mammals feed their babies and the wonders of human milk. Inspire curiosity and understanding of breastfeeding.



Tobacco & Vaping Y6

Information session on tobacco and vaping; including implications on cost, addiction, health, peer pressure and environment.



Alcohol - Year 6

A look at alcohol, youth culture, the law, the short and long-term health impacts, safety and harm reduction.



Safer Schools - Year 6

Workshops and assemblies on topics around staying safe. Delivered by Cheshire Police.



Growing & Changing Year 6

Exploring emotional and physical changes; including puberty, hygiene, body changes, healthy relationships



Gambling & Gaming - Year 6

Workshop on what gambling is, gambling within gaming, how it can become harmful and affect families, ways to stay safe, how to access free support.



Immunisations Education – R, Y1, Y2

30-minute storytime-based workshops to raise awareness and address concerns over vaccinations. Also available Sep - Dec for flu programme.



Road Safety

R, Y1/2 Road safety, road crossing, holding hands, seat belts.
Y3/4 Safe crossing theory and practical.
Y5/6 Transition, safe choices, Bikeability.



Litter Picking & Recycling

These two sessions promote a 'love where you live' attitude and encourage households to recycle right.

swim!

Water Safety (age 3-11)

Free water safety assembly for the whole school, delivered by an Olympic athlete. Includes flyer for free taster lesson at Swim! site in Widnes.



School Council

3 x sessions on a health topic, for pupil-led change in your school. Includes healthy eating, physical activity, mental health, sleep and screens.



First Aid - Year 6

Everyday first aid workshops are fun and interactive, learning essential skills to help in a first aid emergency.

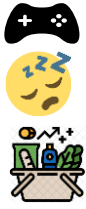


Sleep & Screens Year 4

Encourage children to reflect on screen use and sleep routines. Promotes healthier habits for more alert pupils in the classroom!

Pupil-only, or pupil-parent combined workshop

For Parents/Families



Parent/Carer Workshops – Delivered by Health Improvement and partners, we offer a range of workshops for parent/carers on topics, such as:

- Sleep and Screens
- Dealing with Big Emotions
- Gambling and Gaming
- Fussy Eating
- Physical Activity & Sugar
- Understanding children's behaviour
- How to eat well for less
- Supporting healthy teeth

Book a workshop at your school, or signpost parents to online sessions: [Parent Workshops](#)



Building Connections - Online counselling programme supporting children experiencing loneliness.
Online Safety Resources - Pre-recorded 'Keeping Children Safe Online' workshop and live virtual sessions.

For Staff



Mental Health Variety of training available to support staff mental health and wellbeing, and the wellbeing of the pupils you support.



Workplace Needs Assessment/Health Check Our team of Health Check Officers can offer full NHS health checks for over 40s without any pre-existing conditions; includes BMI check, blood sugar and cholesterol checks. A mini health check is available to under 40s. Eligibility: every 5 years.



Brief Lifestyle Intervention for Practitioners – Covers key lifestyle info including the food industry, nutrition guidelines, caffeine, sleep, the impact of screens, how to encourage physical activity.



Tobacco, Alcohol and Drugs Education for Practitioners – Key information on tobacco, alcohol and drugs; including ingredients, the law, harm reduction and behaviour. This training supports practitioners to deliver risk-taking awareness sessions to pupils on tobacco, alcohol and drugs.



Bereavement Awareness – includes impact of bereavement on children, basic understanding of grief theory, confidence in addressing bereavement and knowledge of practical interventions. FREE where CBUK is supporting a pupil. Email northsupport@childbereavementuk.org



Gambling and Gaming – 90-minute workshop covering current child gambling and gaming behaviours. Explore statistics, impact on the brain, mental health, risk factors and warning signs. Includes referral pathway for support for a young person experiencing gambling harms.



eBug Information sessions available on request from Public Health, for teachers and science/PSHE leads, to introduce evidence-based resources supporting education on microbes and infection prevention (hand/respiratory hygiene, antibiotics, vaccination). Free resources & lesson plans: www.e-bug.eu



NSPCC Talk Pants teaching children the Underwear Rule to help keep them safe from sexual abuse <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>

Listen Up Speak Up - Free tips and advice to help keep children safe <https://www.nspcc.org/support-us/listen-up-speak-up>



GULP (Give Up Loving Pop) - Resources, lesson plans, assembly presentations and toolkits for education and awareness of reducing sugary drinks. <http://www.giveuplovingpop.org.uk/>



Resources - Resources, lesson plans, toolkits and useful information available to download from Health Improvement website: [Health Improvement resources](#)