

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. Email HIT@halton.gov.uk



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. Email HIT@halton.gov.uk
Website <https://www3.halton.gov.uk/Pages/health/hit/start/HHEYS.aspx>



Breastfeeding Welcome Award – Sign up for free to ensure that your setting meets the highest standards of breastfeeding friendliness in your community. Email HIT@halton.gov.uk



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



Talk PANTS (ages 3-11) - Free lesson plans, powerpoints and printable resources for schools to help safeguard children from sexual abuse.

Free Digital Citizenship Programme (ages 4-18) - A whole-school programme offering teaching materials and take-home activities that help young people build the knowledge and habits they need to navigate the digital world safely and responsibly. Topics include: screen time balance and healthy habits, cyberbullying, online safety, digital footprint, online relationships, news and media literacy and more.



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: <https://www3.halton.gov.uk/Pages/health/hit/improvehealth.aspx>

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



For Pupils

NSPCC

Speak Out Stay Safe

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

becky.stretton@nspcc.org.uk /
danielle.watson@nspcc.org.uk



Tobacco & Vaping Y6

Covers tobacco and vaping; including implications on cost, addiction, health, peer pressure & environment.

Health Improvement Team
HIT@halton.gov.uk



RSE (Secondary)

Interactive sexual health tutorials or assemblies available for all year groups, covering the topics of contraception & healthy relationships.
Halton 0-19 Team (Website link bottom of the page)
[01928 593 056](tel:01928593056)



School Council

3 x sessions on a health topic, for your school council to make a difference in your school. Topics include healthy eating, physical activity, mental health, sleep & screens.

Health Improvement Team
HIT@halton.gov.uk

Halton 0-19 Team (School Health) - <https://www.northcheshireandmersey.nhs.uk/our-services/0-19-25-healthy-child-service-halton>



Oral Health YR, 2, 5, 7

Interactive session to promote good oral health. Includes: reducing sugary foods & drinks, brushing teeth, & visiting the dentist.

Halton 0-19 Team (Website link bottom of the page)
[01928 593 056](tel:01928593056)



Alcohol - Year 6

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

Health Improvement Team
HIT@halton.gov.uk



Road Safety (YR – 11)

In-car safety, safer crossing, cycling, decision making, impact of road safety on public services and others (tailored to relevant pupil group).

Stepping Out
Michelle.Simpson@halton.gov.uk



First Aid - Year 6

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

British Red Cross



Healthy Eating

Session on making healthier choices including the eat well plate and interactive activities.

Health Improvement Team
HIT@halton.gov.uk



Safer Schools - Year 6

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

Cheshire Police



Recycling

20-minute session: The importance of putting the right item in the right bin, facts about waste and recycling.

Michael.Hardaway@halton.gov.uk



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*

Health Improvement Team
HIT@halton.gov.uk



Mammals & their Milk

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

Health Improvement Team
HIT@halton.gov.uk



Growing & Changing

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

Halton 0-19 Team (Website link bottom of the page)
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Water Safety (age 3-11)

Free water safety assemblies for the whole school, delivered by an Olympic athlete. Includes flyer for free taster lesson at Swim! Site in Widnes.
<https://www.swim.co.uk/sc-hool-outreach/>



RSPH Level 2 Award for Young Health Champions - Secondary (accredited qualification) - Fully funded guided learning programme for 14-24 year-olds who want to help peers develop a healthier lifestyle. Includes health topics, communication, research skills, delivering a health message.

For Parents



Parent/Carer Workshops – An evidence-based, 8-part programme that helps schools engage families, promote healthy lifestyles, strengthen positive behaviour and support children to be ready to learn. Delivered by trained HENRY facilitators in partnership with your school.



- Sleep & Screens
- Dealing with Big Emotions
- Fussy Eating
- Understanding Children's Behaviour
- Physical Activity & Sugar
- How to eat well for less



Book a workshop at your school, or signpost parents to online sessions: [HENRY Programmes and Workshops by Halton Health Improvement Team](#) | [Eventbrite](#)

For Staff



Mental Health Variety of training available to support staff mental health and wellbeing, and those of the pupils you support. HIT@halton.gov.uk



Workplace Needs Assessment/Health Check - Range of services and training to help your staff lead healthier lives. Includes 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. Email HIT@halton.gov.uk



RSE practitioner training - Secondary (axess Sexual Health) – for staff delivering RSE in secondary schools, package of educational resources providing practical support to implement some sexual health elements of the statutory requirements for RSE. Package includes: Teacher resource guidance, student booklets and supporting PowerPoints - KS3 'What's it all about?', KS4 student 'There's more?'.

Professional briefings - Contraception, STIs, Transgender Awareness, Pornography and Condom distribution/STI screening. To increase confidence, knowledge and skills to initiate and normalise conversations around sexual health and healthy relationships.



Talking Relationships (ages 11-16) - Free e-learning for staff and free lesson resources, including SEND resources, to support schools to deliver Sex and Relationships Education topics, including: Consent, Healthy/Unhealthy Relationships, Harmful Sexual Behaviours, Sending Nudes, Online Safety, Pornography, and a new lesson on gender-based violence. <https://learning.nspcc.org.uk/services/talk-relationships>



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



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



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 you as a practitioner to deliver risk-taking awareness sessions to pupils on tobacco, alcohol and drugs.



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: <https://www3.halton.gov.uk/Pages/health/hit/start/swresources.aspx>