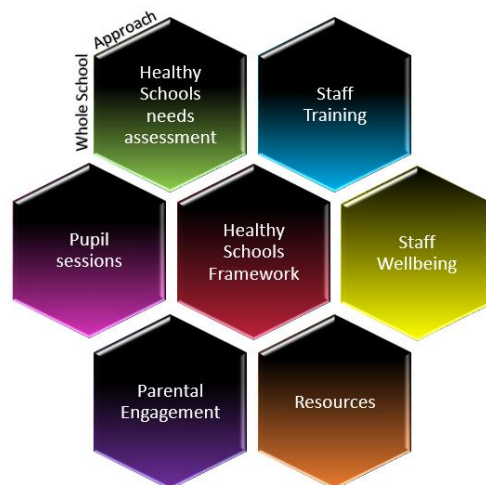


Halton Healthy Schools Award supports a whole-school approach to health and wellbeing. Achieving Healthy Schools Status helps embed healthy practices into school culture, with a commitment to involving pupils, staff, and families in creating a supportive ethos through policies and planning. Halton Healthy 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, 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 (Y7)

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 - Our Healthy Schools News is sent out each term with the latest news, training dates and opportunities for your school to participate in the Healthy Schools Programme.



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.



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



Whole-Systems Obesity Self-Assessment Framework – enables your school to demonstrate a whole-school approach to healthy eating and physical activity; and 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

Health Improvement Team: www4.halton.gov.uk/Pages/health/hit/improvehealth.aspx

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

For Pupils



RSPH Level 2 Award for Young Health Champions - Secondary (accredited qualification)

Funded guided learning programme for 14-24 year-olds to help peers develop a healthier lifestyle. Includes health, communication, research skills, delivering a health message.

HIT@halton.gov.uk



Human Milk Science workshop Years 7-11 - to develop a knowledgeable and supportive community for current and future generations who are well-informed around breastfeeding.

HIT@halton.gov.uk



Health Day - Half-day multi-agency delivery to whole year groups. Key messages covering various PSHE topics to support informed choice, health and wellbeing. HIT@halton.gov.uk



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



Road Safety - Years 7-11 delivered to a class or assembly. Includes causation factors, consequences, independent travel, peer pressure, distractions, ripple effect - fire, police & medical professionals. michelle.simpson@halton.gov.uk



Oral Health - Year 7 Interactive session to promote good oral health. Includes: reducing sugary foods and drinks, brushing teeth & visiting the dentist.

<https://www.northcheshireandmersey.nhs.uk/our-services/0-19-25-healthy-child-service-halton>



RSE - Interactive and informative sexual health tutorials or assemblies available for all year groups, covering contraception and healthy relationships. Delivered by 0-19 team.

<https://www.northcheshireandmersey.nhs.uk/our-services/0-19-25-healthy-child-service-halton>



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

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.



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

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 Health - Needs Assessment and Health Checks Range of services and training to help your staff lead healthier lives. Includes NHS health checks for over 40s without any pre-existing conditions; BMI check, blood sugar and cholesterol. Mini health check for under 40s. HIT@halton.gov.uk



Tobacco, Alcohol and Drugs Education for Practitioners - Key information on tobacco, vaping, alcohol and drugs. Includes ingredients, the law, harm reduction and behaviour. Supports practitioners to deliver risk-taking sessions to pupils on tobacco, vaping, alcohol and drugs.



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

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



Bereavement Awareness - Increase understanding of the impact of bereavement on young people; including a basic understanding of grief theory, confidence in addressing bereavement issues 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



NSPCC Talk Relationships – supports schools to deliver RSE, including lesson plans and resources, e-learning for staff and whole-school approach framework

Talk Pants (aged 3-11) Free lesson plans, PowerPoints and printable resources for schools to help safeguard children from sexual abuse.

Free Digital Citizenship Programme- A whole-school program, offering engaging, ready-to use teaching materials. Topics include screen time balance, healthy habits, cyberbullying, online safety, digital footprint, online relationships, news and media literacy and more.



Resources - A wide range of resources are available to download from Health Improvement Website:

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