

Halton Public Health Annual Report 2017-18

Keeping Happy and Healthy at School



Recommendations:

- To support all Halton schools to participate in the Healthy Schools Programme.
- To offer a whole school approach and a healthy school environment that encourages wellbeing.
- To reduce health inequalities by building social and emotional and physical resilience that improves health and academic attainment.
- To promote healthy lifestyle choices for Halton pupils, staff, parents and carers.
- To offer role models that encourage the Halton school community to stay healthy.
- To provide opportunities for physical and social and emotional activity within school and promote these activities outside of school.

Halton Healthy Schools' Programme for Primaries



Healthy Schools Visit

Visit from our Health improvement specialists, in order to sign up for Healthy schools award and discuss health within your schools and surrounding community



MHARS

MHARS sets out 7 key areas for good mental health, wellbeing & resilience. We will support you to assess your current practice, support development & celebrate good practice.



Healthitude - Yrs 3 & 6

A range of PSHE sessions available individually or as part of a programme. Each session is 60 mins. See Healthitude for information.



Daily Mile

The Daily Mile is a popular simple national initiative that sees children run or jog for 15 mins every day in their school. We can offer national daily mile in your school.



School or Sports Council

Working on a specific health topic, that the school council want to change or make a difference in their school (3 x 30 min sessions)



Youth Health Champions

Supports pupils to become peer mentors in their school and community through weekly sessions working towards a Royal Society of Public Health Qualification equivalent to NVQ 2/3



E-Safety Training

Annual training for primary schools covering child exploitation and online safety. 2 staff, 2 pupils. Autumn Term.



Dementia Friends

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action. A 90 min session held at Halton Libraries



Sugar the Musical

Pupils learn a play around hidden sugars and healthy eating and perform to parents and family members. 2 hrs learning, 20 min performance.



Parent Bite Size

Top tips for parents on healthy lifestyles including; food industry uncovered, lunchboxes, screen time and being active. 30 - 60 min sessions.



Staff Training

Staff training in mental health, Fit 4 Life, smoking, alcohol, Breastfeeding awareness, and sex and relationships.

Halton Healthy Schools' Programme for Secondary Schools.



Healthy Schools Visit

Visit from our Health Improvement Specialists, in order to sign up for Healthy Schools award and discuss health within your schools and surrounding community.



MHARS

MHARS sets out 7 key areas for good mental health, wellbeing & resilience. We support you to assess current practice, support development & celebrate good practice.



Healthitude Health Days

A range of PSHE sessions available as part of a health day. See Healthitude for information.



C Card

Year 8 and up
Provides information about the c-card scheme in Halton, how to access it and its benefits



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Get it On (Year 8 and up)

Multi station workshop covering a range of issues including relationships, contraception & risky behaviours. Delivered in small groups enabling discussion & focused learning.



LGBT

Explore and understand diversity of LGBT issues and enable students to appreciate differences between sexuality and gender identity.



Staff Training

Staff training in mental health, Fit 4 Life, smoking, alcohol, breastfeeding awareness, and sex and relationships.

Halton Healthy Schools' Programme

Whole school community

Staff Wellbeing



Health Check

Fully qualified trainers can offer health checks for staff over 40 years without any pre-existing conditions. Or a health check to staff under 40.



Bitesize Wellbeing for staff (30 - 60 mins)

Interactive and educational session to support staff wellbeing including top tips.



Stress Awareness

Awareness session on the causes and prevention of stress.



Resources

A wide range of resources are available to download from our website.

Support for families and your local community

Triple P Parenting Programme

This programme is for parents and carers who have concerns about their child's behaviour or want to learn new parenting skills. We offer 3 types of Triple P courses in Halton: 0-12, Teen and Stepped Care (for parents of a child with a developmental disability). NB - Referrals to Triple P must be made by a health professional.

We can also offer:

- Infant feeding support
- Fit 4 Life Camps - for families and children age 5 to 11
- Stop smoking support
- Fresh Start - weight management programme
- Exercise on referral - physical activity programme for people with long term conditions such as cardiac, pulmonary, cancer and back pain.
- Sure Start to Later Life - services and activities for the over 55s