LUNT'S HEATH

Friday 1st December 2023

News

" Today, as 1st December, has seen us have our own Winter Wonderland! The children have made cards and calendars and rehearse for their upcoming Christmas performances. It's a time of year when we look forward to spending time together as a school and celebrate all that is positive in the world. Please have a look out for the information in the newsletter about all of the up and coming events over the next two and a half weeks. Have a lovely weekend!" Mr. D Paton, Headteacher

KS2 CHOIR - OAK MEADOW PERFORMANCE

On the morning of Monday 4th December, the children in Miss Bruen's choir will be visiting Oak Meadow Care Home, to perform for its residents. Parents of the children in the choir have received an Evolve for the event. Please make sure you have completed this Evolve. The children will be transported to the event in staff cars. At the care home they will enjoy refreshments with the residents after their performance.

PTFA MEETING - MONDAY 4TH DECEMBER - 5.30PM

A huge thank you to our PTFA, who spent Friday in school making hampers from your very generous donations, helping Santa with some Christmas wrapping and then running their pocket money shop after school, which the children enjoyed visiting.

See later in the newsletter for more information. They would love parents, friends and relatives linked to our children to join them for their meeting on Monday 4th December in Mr Hawkins classroom (next to the school office), to discuss their future fundraising efforts and events planned for the children. Everyone welcome!

YEAR 3 + 4 CHRISTMAS SERVICE - TUESDAY 5TH DECEMBER - 7PM

On the morning of Tuesday 5th December, we will be taking the children in Year 3 and 4 to St Luke's Church for their final rehearsal for their Christmas Service. The children will be walked to the church by school staff as per the permissions completed at the start of the year. On the evening of Tuesday 5th December, parents and carers are invited to join us for this service and each family has received two tickets. The children should arrive at the church at 6.45pm wearing their school uniform and a Christmas jumper, unless they have been told otherwise by their teacher because of their role in the service. The church will be conducting a collection as part of the service. We hope to see you there for the start of our Christmas celebrations.

EARLY NOTES MUSIC TUITION

Anyone interested in learning Piano, Guitar, Drums or Ukulele next term, please contact Early Notes Music Education via contact form on their website www.earlynotesmusic.education or via email info@earlynotesmusic.education

AFTER SCHOOL

After you have collected your child from school, please do not let them play on the astroturf, school field or the gymnastic bars as these can only be used when supervised by a member of school staff. Thank you.

OPAL - WELLIES AND WET WEATHER CLOTHING COLLECTION

To allow us to continue to develop our OPAL play in all weathers we are requesting wellies and wet weather clothing donations please. If you have any old items that could be reused please put these into the storage box by the school office.

CHRISTMAS FORTHCOMING EVENTS

Parents should have now received 2 tickets for our Christmas performances: Years 3/4 for their Christmas Service at St Luke's Church on Tuesday 5th December at 7pm EYFS for their Christmas Song Spectacular on Monday 11th December at 2pm and Wednesday 13th December at 9.15am.

Y1/2 two tickets for Penguin Pete on either Monday 11th December at 9.15am or Wednesday 13th December at 2pm

All parents should have received one ticket to their child's Carols around the Tree performance on Monday 18th December.

FORTHCOMING EVENTS

Tuesday 5th December = Year 3/4 Christmas Service = 7.00pm at St Luke's Church Friday 8th December = Christmas Jumper Day (no further donations required) and Robinwood Saturday 9th December = School Games Santa Dash Monday 11th December = Y1/2 and EYFS Christmas Performances Tuesday 12th December = Christmas Pantomime for the children funded by the PTFA. Wednesday 13th December = EYFS and Y1/2 Christmas Performances Thursday 14th December = Christmas Dinner (School uniform and Christmas Hat/Headband) Friday 15th December = School House Day (PE Kit and Christmas Jumper) Monday 18th December = Carols around the Tree. Wednesday 20th December = Christmas Party Day (Children to wear their own party clothes)

YEAR 5 ROBINWOOD - FRIDAY 8TH DECEMBER On Friday 8th December, the children in Year 5 will be going on their residential trip to Robinwood. The children should arrive at school at the normal time, wearing their own clothes with a bag for the weekend. PLEASE BE CONSIDERATE ABOUT WHERE YOU PARK AS THE BUS WILL BEED TO BE ABLE TO PARK AT THE FRONT OF THE SCHOOL SO WE CAN LOAD THE BAGS. We aim to leave at 9.15am. Medication should be brought to school on Wednesday 6th December to be checked prior to our visit.

THANK YOU PTF









Raffle tickets for these hampers are £1 a ticket and can be purchased from 6pm tonight via the School Gateway. You can purchase as many tickets as you wish. All children will be given a free ticket for the children's hampers.

CHRISTMAS HAMPERS CHILDREN'S POCKET MONEY SHOP

PANTOMIME



Please find below the School Dinner Menu for the Autumn Term 2023. It is vital that you book your child's school meal a week in advance, using the school gateway system. Please remember that from September School Meals will be £2.70 a day.

The rotation of school meals will be across 3 weeks next year. A pdf of the school meal option timetable will be attached to this email for you to print for your reference.

Below will be the menu for WC 4.12.23

		Week 1
Monday	Main	Brunch Sausage, Hash Brown, Omelette/ Scrambled Egg Vegetarian Brunch O Quorn Sausage, Hash Brown, Omelette/Scrambled Egg
	Vegetable	Baked Beans, Salad Bar
	Dessert	Angel Whip, Fresh Fruit, Cheese & Crackers
Tuesday	Main	Homemade Minced beef pie served with boiled potatoes Homemade Vegetarian Enchiladas served with side salad
Tue	Side	Mixed Vegetables, Salad Bar
	Dessert	Homemade Iced Finger, Fresh fruit
Wednesday	Main	Roast Turkey Dinner served with Stuffing Balls, Roast/Mash Potatoes & Gravy Quorn Sausage O served with Stuffing Balls, Roast/Mash Potatoes & Gravy
Vedr	Side	Carrots & Broccoli
5	Dessert	Iced Carrot Cake Muffin, Fresh Fruit
Thursday	Main	Deli Day selection of filled Wraps & Sandwiches served with oven baked potato wedges Filled Jacket Potatoes served with a side salad
F	Side	Salad Bar
	Dessert	Jelly & Ice Cream, Fresh Fruit, Yoghurt
Friday	Main	MEAT FREE FRIDAYS Fillet Fish Fingers (x2) Served with chips Our Famous Homemade Margherita Pizza Served with chips
	Side	Garden Peas, Salad Bar
	Dessert	Chocolate Sponge Square, Fresh Fruit
		Week 1
		04/09 25/09 16/10 13/11 04/12 01/01 22/01 19/02 11/03 15/04 06/05 03/06 24/06 15/07

Christmas Dinner Day Thursday 14th December



The children can wear a Christmas hat or a festive headband with their school uniform on this day.





Is your child a true Lunt's Heather?

- Ambition
- Enterprise
- Inner-Resilience
- Collaboration
- Understanding

Has your child gone above and beyond to demonstrate one of our school values at home? Nominate them for a Value Award and we will surprise them in Celebration Assembly! Nominate your child by sending an email with reason and supporting photo if appropriate to: sec@luntsheath.halton.sch.uk

Our OTIS programme (On Time, In School) is designed to promote the importance of this. Even being 5 minutes late each day across a year equates to 15 hours lost learning. School has remained open from 8:35am to ensure that children can access easily. Holidays in term time cannot be authorised unless it for fills the criteria in the Leave of Absence policy. Please keep this in mind when considering any holiday booking.

OTIS AWARD WINNERS

Whole School Attendance target for 2023-2024 is 96%. Last year was 95.4%

Attendance since 4th Sept = 95.8%

This week's attendance = 96.3%

EYFS + KS1 Winners = Miss Chorley - Class RL = 97.2%

KS2 Winners = Miss Huddlestone - Class 6L = 98.3%

EYFS = Elija Little YEAR 1 = Walter Fox YEAR 2 = Isla Hoban YEAR 3 = Maria Hatfield YEAR 4 = Edward Bennett YEAR 5 = Sophia Stacey YEAR 6 = Adam Reed



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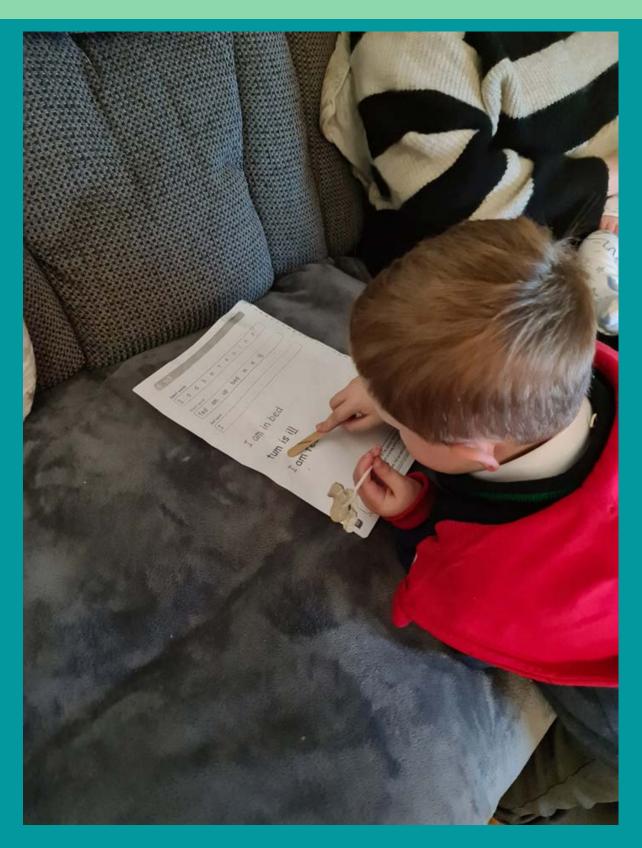
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Nominate your child by sending an email with reason and supporting photo if appropriate to: sec@luntsheath.halton.sch.uk

Last week we asked for parent nominations of pupils who have demonstrated one or more of our Lunt's Heath Values at home.:

- · Ambition
- Enterprise
- Inner-Resilience
 - \cdot Collaboration
- Understanding

We are proud to share another group of children who are living and breathing our school values in their day to day lives.



Elijah for showing Ambition and Inner-Resilience.

Elijah Mum & Dad would like to nominate him for his enthusiasm and determination when doing his Ditty's and phonics at home. He always wants to do his Ditty's as soon as he comes home and even some mornings before school. He doesn't settle for doing it once either, he is determined to do it again and again until he does it perfectly.

Recently, we have even noticed that he is challenging himself to read words by doing 'Fred Talk' in his head. We're so proud of his hard work. Well Done Elijah!



HEADTEACHER AWARDS

EYFS and Key Stage 1 = Billy Swales - Amazing attendance and effort in all areas of school life!

Key Stage 2 = Jessica Williamson - A brilliant term within Year 3.

Class	Name of child	Reason for award
RL	Ava Su	<i>Curriculum – for working hard in our morning learning activities each day this week!</i>
	Elizabeth Adamson	Collaboration – for always working as a team member of our class and being a kind friend.
RH	Elijah Little	Curriculum – for showing perseverance with his Phonics.
	Delilah Hewitt	Collaboration –for always being a kind friend and working well with her peers.
1L	Oscar Bell	<i>Curriculum – For showing great progress in phonics and using your 'Fred talk' to read new words.</i>
	Violet Pierce	Collaboration – For great collaboration in PE. Well done for working well with your partner to create different actions and movements in dance.
1H	Sienna Hughes	Curriculum – For always taking pride in your writing!
	Mila Ruane	<i>Collaboration – For always being a kind friend and looking out for others!</i>
2L	Charlie Thomas	<i>Curriculum – For fantastic attitude towards his learning this week.</i>
	Harriet Lawton	Collaboration – For brilliant talk partner work in reading.
2H	Verity Richardson	Curriculum – For working hard In maths to solve tricky division problems.
	Finley Doyle	Collaboration – For demonstrating collaboration during cricket cheering his team friends on.

EYFS + KEY STAGE 1

YEAR 3 AND 4

Class	Name of child	Reason for award
3L	Isaac Santley Indi Quinn	Curriculum – Great improvement in his writing quality. Keep it up! Collaboration – Indi works brilliantly with everyone around her. Inside and outside of school.
3H	Norah Rainford-Jones	<i>Curriculum – For challenging herself to use a range of English skills in her own historical adventure story.</i>
	Mason Allen	Collaboration – For always making sure everyone voice feels heard and supporting others in group situations.
4L	Violet Hutton	<i>Curriculum – For writing a wonderful balanced argument in English.</i>
	Oliver Lightfoot	Collaboration – For working well as a team in our Science experiment.
4H	Holly Peacock Penny Linfield	Curriculum – For showing determination to achieve all her targets. Collaboration – For fantastic, paired work in Maths.

YEAR 5 AND 6

Class	Name of child	Reason for award
5L	Oscar Caldwell	Curriculum – For fantastic problem solving in Mathematics, using a range of different methods.
	Tilly Dale	Collaboration – For listening to the children she is working with to create a team strategy to reach a solution.
5H	Ollie Blair	<i>Curriculum – This week, Ollie has been working really hard in lessons to engage well and remember key information. Keep it up Ollie!</i>
	Halle Flynn	Collaboration – Halle is always able to work with anyone. She always helps others and creates some great discussions!
6L	Leah Evans	Curriculum – For always getting involved in every lesson and for trying her best. She has also been a great help to others always encouraging them to think positively.
	Sofia Glover	Collaboration – For being helpful around class, working collaboratively with others in order to succeed.
6H	Piper Smith Annie Smith	Curriculum – For going out of her way to wish well on others. Collaboration – For giving up her dinner time to work with Mr Atkinson to prepare the Christmas tree for the reception children.



Dressing the Tree

A very big thank you for joining us for our Dressing the Tree afternoon, it was brilliant to see so many relatives in school and the children had a wonderful timethe tree now looks beautiful! We hope you enjoyed the singing, which hopefully gave you a taste of what is to come when we perform our Christmas performance on the 11th and 13th December. A gentle reminder that children will need to bring their costumes into school by Friday the 8th of December. Please ensure that everything is named- thank you.

Maths

In Maths we have been exploring properties of simple 2D shapes and working on recognising and naming them in varying sizes and in different orientations.



Phonics

The children continue to impress us with their progress in phonics and are starting to apply what they know during Drawing Club and in continuous provision. Please ensure your child's reading book and diary is in school each day.

Topic

During our Topic lessons, we have enjoyed exploring the traditional The Three Little pigs with our Big Question – "What are the dangers of a house made of straw? We have enjoyed recreating the houses in the construction area using the real materials. The children have been productively and purposely been using the outside post office role play to write letters and lists to Father Christmas and we explored melting outside when all of the water outside was frozen!

Christmas Events

Please check that you have received your two tickets to our Christmas perfomances on Monday 11th December at 2pm and Wednesday 13th December at 9.15am, please check their bags if you do not have these.

Next Friday 8th December will be our second Christmas jumper day. The children should wear their Christmas jumper with their school uniform.

Have a great weekend!

The EYFS Team.



Spelling Shed Champion Henry Venables

<u>Maths Shed Champion</u> Benjamin Greylish

Dojo Champion Eden Walls and Delilah Hewitt

アEAR 3 ゆ 個 AWARDS

Spelling Shed Champion

Mariyah Ahmed

Maths Shed Champion Kayleigh Lucidarme

<u>Dojo Champion</u>

Chloe Wong

TEAR 5 + 6 AWARDS Spelling Shed Champion Grace Gregson

Maths Shed Champion William Oteh

<u>Dojo Champion</u> Harry Gerrard

THIS WEEK YEAR 6 - HISTORY

On Wednesday, the children in Year 6 had two very special visitors, Lennon's Nan and Miss Huddlestone's . The ladies visited the school to tell the children their experiences of being evacuated during the war, what life was like and what changed during the war. The children had the chance to ask lots of questions and they learnt so much from these wonderful ladies.





THIS WEEK BARTCEE

On Wednesday, the children in KS2 were visited by Bart Gee. He explained to the children that he suffers from a condition that makes his muscles waste. During the assembly and workshop the children heard how he has not let his condition stop him and he has learnt to walk, despite being told at the age of 3 that was something he would never be able to do. Throughout his life he has adapted processes to allow him to do anything he puts his mind to, including competing in Superman Triathalons and playing the piano. During the workshops the children experienced a little of how difficult these adaptations are to complete and how you can achieve anything you put your mind to. He was truly inspirational!



THIS WEEK BARTCEE











Morkshop with Bart Lee who shared with us all about how he has adapted the



way he lives

THIS WEEK OUTDOOR LEARNING

A group of children have been working with Mrs Mansell to use their outdoor learning to inform their Maths and Science work this week. They used items that they found to help them with their counting and explored different types of rocks. They enjoy telling Simba the cat what they have learnt.





On Thursday 30th November, our KS2 choir joined the Highfield Male Voice Choir at St Ambrose for a fantastic carol service. They sang beautifully and everyone loved their performance. Well Done Choir!

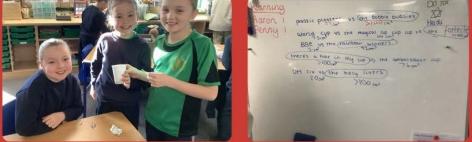


YEAR 4 CREST AWARD

On Tuesday, children in Year 4 continued their work with **Cronton College towards their Crest Award. During this** session they investigated the different properties of materials. They used the information that they learnt to then solve the problem of having a hole in their bucket knowing what material to use to fix the hole.







INVESTIGATING SUCH FOILIN TO FIX THE HOLE.

THERE?S A hole in my Bucketi PIC • COLLAGE

5 D 6 I) 9 6 00 Н

SAVE THE DATE

00

6



7 PM - MIDNIGHT

Jaguar Landrover Sports and Social Club (Fords)

9

Tickets will be £10, Adults only. Bingo tickets included, food will be available to purchase on the night. More info coming soon!













Spencer **9TH DECEMBER 2023 WE WILL BE** FILLING THE STREETS FULL OF SANTA'S IN MEMORY OF BOBBY. LEAVING FROM RUNCORN COSTA AT 12PM AND FINISHING AT WADE DEACON HIGH SCHOOL. WE'RE ASKING FOR ALL THE FAMILY TO GET INVOLVED FOR A SMALL ENTRY FEE. 100% OF ALL ENTRY FEES WILL BE DONATED TO THE GOFUNDME PAGE SET UP IN BOBBYS MEMORY. WHEN PAYING YOUR ENTRY FEE ON THE

> GOFUNDME PAGE PLEASE STATE YOUR FULL NAME AND REF SANTA DASH, YOU WILL THEN BE ISSUED A NUMBER TO COLLECT ON THE

ENTRY FEES: €10 PER ADULT 16YRS & UNDER &S UNDER 5'S GO FREE ENTRIES CLOSE 30/11/23

WWW.GOFUNDME.COM Don't forget your HTTPS:// RESEARCH-IN-MEMORY-OF-BOBBY-





AUTUMN 2ND HALF TERM

MONDAY 4TH DECEMBER = INTERNATIONAL DAY OF PERSONS WITH DISABILITIES TUESDAY 5TH DECEMBER = BEFORE SCHOOL ARCHERY CLUB - 8AM (EXTERNAL PAID FOR CLUB) TUESDAY 5TH DECEMBER = 9.30-11AM = YEAR 3/4 REHEARSAL IN CHURCH FOR CHRISTMAS SERVICE (CHILDREN) **TUESDAY 5TH DECEMBER = 7PM = YEAR 3/4 CHRISTMAS SERVICE IN CHURCH (PARENTS INVITED**). WEDNESDAY 6TH DECEMBER = CLASS 3H -SWIMMING LESSONS THURSDAY 7TH DECEMBER = 1.30PM – CLASS 4H CHRONOLOGY WORKSHOP THURSDAY 7TH DECEMBER = 2.15PM – CLASS 4L CHRONOLOGY WORKSHOP FRIDAY 8TH DECEMBER = CHRISTMAS JUMPER DAY FRIDAY 8TH DECEMBER – SUNDAY 10TH DECEMBER = YEAR 5 ROBINWOOD RESIDENTIAL MONDAY 11TH DECEMBER = 9.15AM = YEAR 1/2 **CHRISTMAS PERFORMANCE (PARENTS INVITED – TICKETS REQUIRED)** MONDAY 11TH DECEMBER = 2PM = EYFS = CHRISTMAS PERFORMANCE (PARENTS INVITED = **TICKETS REQUIRED) TUESDAY 12TH DECEMBER = 9.30AM KS1 = PANTOMIME FOR THE CHILDREN TUESDAY 12TH DECEMBER = 1.30PM KS2 =** PANTOMIME FOR THE CHILDREN WEDNESDAY 13TH DECEMBER = 9.15AM = EYFS **CHRISTMAS PERFORMANCE (PARENTS INVITED – TICKETS REQUIRED)** WEDNESDAY 13TH DECEMBER = CLASS 3H -SWIMMING LESSONS WEDNESDAY 13TH DECEMBER = 2PM = Y1/2 = **CHRISTMAS PERFORMANCE (PARENTS INVITED = TICKETS REQUIRED)**

AUTUMN 2ND HALF TERM

THURSDAY 14TH DECEMBER = CHRISTMAS DINNER DAY FRIDAY 15TH DECEMBER = CHRISTMAS JUMPER DAY FRIDAY 15TH DECEMEBER = HOUSE DAY -**COMPETITION** MONDAY 18TH DECEMBER = 9.15AM-10AM = EYFS / Y1 / Y2 CAROLS AROUND THE TREE MONDAY 18TH DECEMBER = 10.15AM - 11.00AM = YEAR 3/4 CAROLS AROUND THE TREE MONDAY 18TH DECEMBER = 2.15 – 3.00PM = YEAR 5/6 CAROLS AROUND THE TREE WEDNESDAY 20TH DECEMBER = PARTY DAY = = SCHOOL MEAL = FISH FINGERS OR PIZZA THURSDAY 21ST DECEMBER = SCHOOL CLOSED FOR **PUPILS / STAFF INSET DAY HALF TERM**







COMMUNITY LINKS



Widnes

Friday 24th November 11:00-3pm St Marie's Church, Lugsdale Road WA8

Stay and have a chat with us

Free tea & coffee for all

For further information please call us on 01928 592405



Registered Charity No. 1106001 Registered Office: St Maries, Lugsdale Road, Widnes, WA8 6DB.

REW RECEPTION APPLICATION

www.halton.gov.uk/schooladmissions

Admission to **Primary School** September 2024

If your child was born between 01/09/2019 and 31/08/2020 they are eligible to start Reception class in September 2024, and you can apply NOW:

- You must complete a preference form online at <u>School</u> <u>admissions website</u>, where you will be given a receipt
- A paper copy of the preference form can also be requested from schooladmissions@halton.gov.uk
- All online applicants will receive their offer of a school place electronically on the 16th April 2024
- Offer letters will be posted to applicants who submit a paper preference form on the 16th April 2024
- Don't leave it too late you are likely to miss out on the

school place you want if you apply late. Deadline is 15th







To: Parent/Carers of all Halton residents Applying for Primary School 2024

School Admissions TeamYvonne Ward0151Clare Fay01515118601

September 2023 schooladmissions@halton.gov.uk

Dear Parent/Carer,

STARTING PRIMARY SCHOOL – SEPTEMBER 2024 ADMISSION TO PRIMARY SCHOOLS FOR HALTON RESIDENTS

If your child was born between 01/09/2019 and 31/08/2020, or if you requested a deferred entry to primary school and that has been agreed for your child for September 2024, they are eligible to commence Primary School in September 2024. We are pleased to advise that the Admission to Primary School 2024 booklet which explains the arrangements is available online at <u>School admissions website</u>

It is highly advised that you read this booklet, and then complete the online application available at <u>School admissions website</u>. If any of your preferred schools are in other local authority areas you will need to visit their websites for details on the admission policies and oversubscription criteria. If you are unable to apply online, then please email the School Admissions Team, or drop into one of the Halton Direct Link Offices to obtain a form.

The timetable for Primary School admissions is as follows:

September 2023	Admission to Primary School booklet available online. Online applications open
15 th January 2024	Closing date for receipt of preference forms and online applications
16 th April 2024	Notification of outcome of preference available online, to those who applied online, and letter posted to parents of paper applicants
16 th May 2024	Closing date for submission of intention to appeal

You should read the booklet carefully, and think about how your child's application will be considered against each of your preference school's oversubscription criteria before indicating that school as a preference. Failure to submit an application may result in the Local Authority being unable to allocate a place for your child at your preferred school.







It is important that you make as many preferences as possible (up to the maximum of 3) to increase your chances of being offered a school of your preference. It is sometimes not possible to offer any of a parent's preferred schools and in these circumstances your child will be allocated a place at the nearest school with vacancies by the Local Authority. However, this will not affect your right of appeal to an independent appeals panel against the decision not admit your child to your school(s) of preference and details on these procedures will be given to you at that time. If you require any further information please contact a member of the School Admissions Team on the telephone numbers above or by email.

Please note: There is no first-come-first-offered basis for applications. All applications received are considered against the oversubscription criteria for the school. The important thing to do is to make sure that you complete the online application, or submit a paper application form on-time, before the deadline of 15th January 2024. Failure to do so will result in your application being considered as late, and this may harm your chances of being offered the school you prefer. Schools will be holding open day/evening events over the coming months and you should contact your preference school(s) directly for further information.

If your child has an Education, Health and Care Plan (EHCP) you should contact your child's SEND Coordinator to discuss their application and you do not need to make an application as this will be coordinated by the SEND Team.

If you've received this letter and your child does not live in Halton please contact your local authority for details on their scheme and make your application to your home local authority, even if you wish to make preferences for Halton schools.

Yours sincerely,

Halton School Admissions Team

HALTON HEALTH IMPROVEMENT

Fit 4 Life **Bite Size Sessions**

Join us for our online parent/carer workshops:

SLEEP & SCREENS

Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

FUSSY EATING & SNACKING

Are your mealtimes stressful? It's easier said than done to get children to try new foods. In this session we will share tips and techniques to encourage your child to eat more variety. We will also talk through the steps to food acceptance. We'll share healthy snack ideas as we look at alternatives to sugary snack favourites.

PHYSICAL ACTIVITY & SUGAR

Would you like to be more active as a family? Children love to be active but as they grow, their attitudes towards physical activity may change. We have some great tips and information on overcoming barriers, how sugar affects our body and the effects caffeine has on our brains.

These workshops are for parents and carers. Choose from the following sessions:

45 Minute - Online Workshop

Fussy Eating & Sleep & Screens Snacks

Physical Activity & Sugar

To see available dates & to book your place please scan the QR Code, visit

https://halton.me/parent-carer-bitesize-sessions-booking-form/

Or email HIT@halton.gov.uk



For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



Halton BC



START WEI

UNDERSTANDING YOUR SELF S O LI H U L L A P P R O A C H



Understanding your own trauma

To support your emotional wellbeing, this online course is designed to help learners to:

- · understand the diverse nature and impact of trauma experiences
- learn effective ways to process trauma
- nurture resilience through healthy relationships
- · understand more about emotional health and wellbeing

Created by experts in trauma and recovery Private, self-paced learning available any time

Residents of HALTON

In paid partnership with:



NHS Bridgewater Community Healthcare

ourplace

Use Access Code TOGETHER