

Healthy Schools: Stockton-on-Tees Newsletter



**Healthy
Schools**

Stockton-on-Tees

October 2025 – Family Edition

Nutrition and Oral Health

Healthy Halloween recipes



Healthy Halloween nachos

Whether you're looking for healthy recipes for a Halloween party or just wanting to make some spooky snacks, BBC Good Food have lots of terrifyingly tasty recipe ideas for you and your family this Halloween.

Recipes include:

- Healthy Halloween stuffed peppers
- Freaky fruit platter
- Pumpkin hummus
- Healthy Halloween nachos
- Creamy pumpkin and lentil soup

With vegan and vegetarian options available, these seasonal recipes are perfect for all little witches and wizards this October half term!

[Healthy Halloween Recipes](#) | [Good Food](#)

Physical activity

Holidays Are Fun



The NEW booking system is now live for the October Activity and Food (HAF) programme!

There are a wide range of activities on offer across Stockton including:

- Multi sports
- Horse riding
- Youth clubs
- SEND specific sessions
- Family activities

The main eligibility criteria for the HAF programme is that families are in receipt of benefits related free school meals (FSM).

Please visit: [Holidays Are Fun \(HAF\) Programme - Stockton-on-Tees Borough Council](#) or for more information, please email haf@stockton.gov.uk

Fun with Film at ARC



Join us every Saturday morning at ARC for **Fun With Film!**

Fun With Film is about having fun with your family while you enjoy the wonderful world of cinema together. There are creative and craft activities after the film at no extra cost, so the fun continues after the credits have rolled.

Every week we choose a film specially for family audiences, whether that a new release or a title your family already know and love, back for another outing at the big screen. The fun activities after the film have been expertly developed for families to take part in together, so there really is something for all ages.

At Fun With Film we offer a nurturing and creative environment for families to make memories together. We are respectful that our young audiences engage and express themselves in activities in different ways, therefore, Fun With Film is a welcoming space, with films screened on a relaxed basis. Suitable for all ages.

[Fun With Film - ARC | Stockton Arts Centre](#)

Mental health, wellbeing and

Resilience

Winter health – keeping your child healthy this winter



Your child's attendance at school helps them to stay in touch with friends and succeed at schoolwork, but illnesses can spread easily in schools and sick children may need to stay home.

Here are some top tips to keep your child healthy and safe:

Be sure your child's vaccine are up to date!

- Flu season is coming, be ready to give **consent** for your child's flu vaccination when offered at school.
- Children aged 2-6 years (Reception to Year 11) and children 6 months and over in a clinical risk group are eligible.
- Children with certain health conditions may be eligible for the COVID-19 vaccine.
- Check your child is up to date with other vaccines by checking their Red Book or speak to their GP.

If you are eligible for the [flu](#) or [COVID-19](#) vaccination, you can book by contacting your GP surgery, by calling 119 or use the [online booking system](#) (where you can also check for participating pharmacies that offer free flu and COVID-19 vaccines).

Teach good hygiene habits

Promoting good hygiene habits can stop the spread of bugs that easily spread over the Winter months:

- Wash hands with soap and warm water for at least 20 seconds before eating and after using the toilet.
- Use a tissue when coughing or sneezing to catch it, bin it, kill it!

Stay home if unwell

- Children with diarrhoea and vomiting must not attend school for at least 48 hours after their last bout of illness.
- Diarrhoea and vomiting bugs can spread easily between children so it's important to keep them away from others.
- It can be tricky to know when your child shouldn't attend school due to illness. The following NHS guidance has more information to help you decide when to keep your child at home: [Is my child too ill for school? - NHS](#).

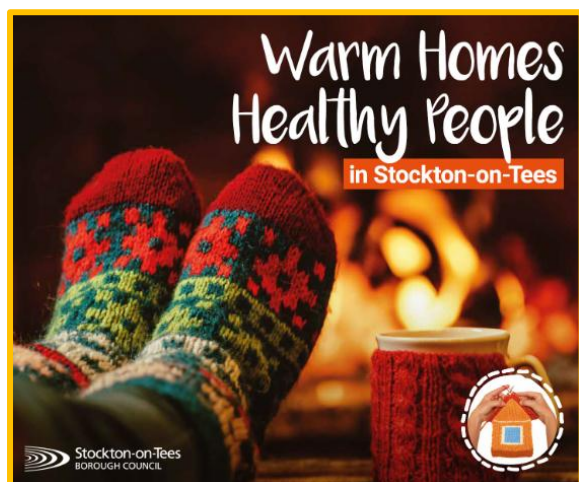
There is an upcoming children's only walk-in clinic for COVID-19. The vaccine is free to all those eligible.

- **Monday 27 October 10am to 4pm at Little Woodbridge, Ingleby Barwick (opposite Woodbridge Medical Practice)**

Eligible groups

- Children aged 5-16 years old at risk of COVID-19 e.g., due to a weakened immune system.
- Full eligibility can be found [here](#).

Warm Homes Healthy People



Cold temperatures can have a serious impact on your health and wellbeing. Keeping warm and healthy during the cold weather can help keep illness away.

Working with Cleveland Fire Brigade and Stockton District Advice and Information Services, we can help with:

- Boiler repairs
- Emergency heating
- Energy saving advice and energy saving schemes
- Advice and support to help keep you healthy and more able to cope with cold weather

The boiler repair scheme is only available to homeowners with gas central heating systems, living in the Borough of Stockton-on-Tees, and runs from Wednesday 1 October 2025 until Tuesday 31 March 2026.

You may be eligible for a boiler repair if you are the homeowner and claiming a means-tested benefit and you are any of the following:

- 65 or over
- Under 65 and in receipt of disability benefits
- Under 65 and have a long term illness made worse by the cold or live with a child (under 5) who has a long term illness made worse by the cold
- Living with dementia

If you would like advice or further information, please call 01642 528215.

Opening hours are:

- Monday to Thursday, 8:30am to 5pm
- Friday, 8:30am to 4:30pm

In a heating emergency outside of office hours, contact the Cleveland Fire Brigade on 01429 874063, who can provide heaters and other equipment 24 hours a day, 7 days a week.

For more information please visit: [Warm Homes Healthy People - Stockton-on-Tees Borough Council](#)

Fireworks



Cleveland Fire Brigade have produced a helpful webpage with a list of organised firework displays across the region as well as lots of handy safety information.

Remember if you do choose to do your own firework display:

Fireworks are explosive and extremely dangerous so remember:

- **Think don't drink** – alcohol and fireworks do not mix
- **Stay alert** – always supervise children around fireworks
- **Stand back** – keep behind safety cordons in the appropriate area
- **Four-legged friends** – keep pets indoors

Stockton-on-Tees Borough Council and Cleveland Fire Brigade urge all residents to attend organised, scheduled events. Further safety information and details of organised fireworks displays across our area can be found at the [Cleveland Fire Brigade website](#).

Secret Sound: The Georgian Theatre



Secret Sound is back on 29 October with more amazing local talent. Help fundraise for Bright Minds Big Futures while also showing off some amazing young artists. Any money raised will be spent making Stockton-on-Tees a great place to grow up. Held at The Georgian Theatre, doors open at 5:30pm and tickets are priced at £3.

To find out more about Bright Minds Big Futures, head on over to the [Bright Minds Big Futures webpage](#).



May millions of lamps illuminate your life with joy, prosperity, health and wealth forever. Wishing you and your family a very Happy Diwali.



Whatever you're doing this October half term, we hope you have a safe and enjoyable break and Happy Halloween!

Services and Support

October 2025

General information

[Family Hubs](#)

[Footsteps Youth Wellbeing](#)

[NHS Better Health: Healthier Families](#)

[NHS NENC: Healthier Together](#)

Single Point of Contact (0-19 Service)
0333 3202 302

[Stockton Information Directory](#)

Mental health, wellbeing and resilience

[Anna Freud](#)

[Beat Eating Disorders](#)

[Brook](#)

[CAMHS Training for Parents/Carers](#)

[CGL Young People's Service](#)
07730616766 or 07884568823
stocktonyp@cgl.org.uk

[Cost of Living Support](#)

[Cruse Bereavement Support](#)
0808 808 1677

[Eastern Ravens Trust](#)
01642 678454
info@easternravenstrust.org

[Harbour](#) 03000 20 25 25

[Hartlepool and Stockton-on-Tees Children's Hub](#)
01642 130080 or 01642 524552 (out of hours)

[Impact on Teesside](#)

[Kooth \(age 11-18\)](#)

[Middlesbrough and Stockton Mind](#)

[Moving On Asthma](#)

[swgfl \(South Western Grid for Learning\)](#)

[Stockton-on-Tees Stop Smoking Service](#)
01642 383819

[Talk to Frank](#)
0300 123 6600

[UK Safer Internet Centre](#)

[Young Minds](#)

Nutrition and oral health

[British Heart Foundation](#)

[Growing Well Growing Healthy](#)
0333 3202 302

Physical activity and things to do

[ARC](#)

[BCT Aspire](#)

[Five Lamps Youth Clubs](#)
<https://www.facebook.com/fivelampstheyouth/>

[Hardwick in Partnership](#)

[Holidays Are Fun \(HAF\) Programme](#)

[Libraries](#)

[Parks](#)

[Preston Park Museum](#)

[Tees Active](#)

[Tees Valley Music Service](#)

[Tennis Courts](#)

[The Hub](#)

[Visit Tees Valley](#)