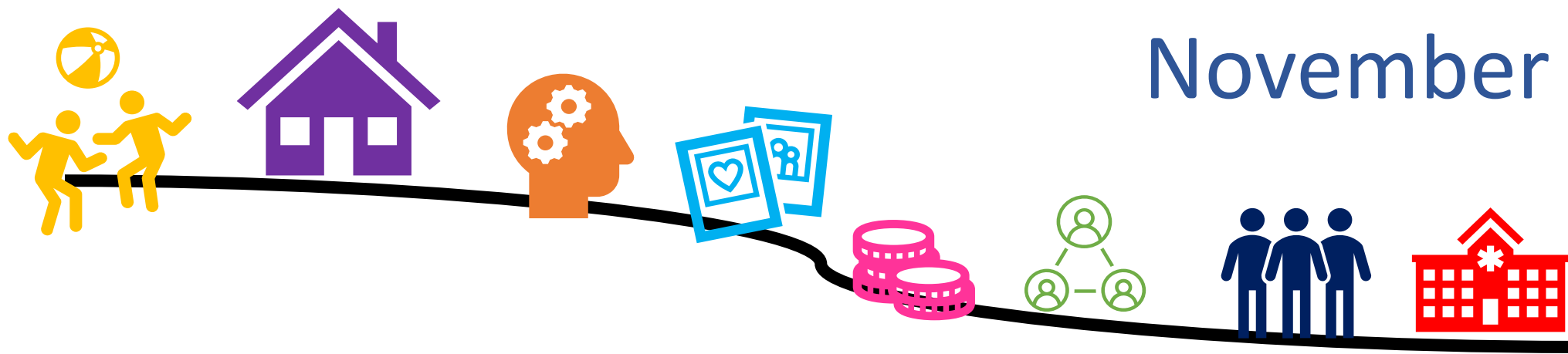


# Healthy School News



November 2023

## Wigan Healthy Schools

Wigan Healthy Schools is a whole school approach to physical, social, emotional health and wellbeing. This programme supports you as a school to systematically develop and improve health outcomes and embed them into the culture of your school. This is achieved through:

**Annual Conversation** - Create your individual School Health Plan through an Annual Conversation. This builds on your School Nurse profile and Healthy Schools Rating Scheme.

**Communication** - Monthly School & Parent Healthy schools news.

**Annual celebration Event**

To find out more or book your schools Annual Conversation please email [healthyschools@wigan.gov.uk](mailto:healthyschools@wigan.gov.uk)

The Be Well Team are available to support your school in setting up Active Travel opportunities such as Walking Buses and School Gate Walks for parents.



They also provide support and equipment to set up Litter Picks for your pupils or if parents are interested in setting up Community Litter Picks.

Email Beverley Baldwin for more information  
[B.Baldwin@wigan.gov.uk](mailto:B.Baldwin@wigan.gov.uk)

The UK Health Security Agency (UKHSA) needs your help to improve guidance on dealing with infectious diseases at schools.

We want to understand how guidance can help you keep your children, young people and staff healthy and safe.

We want to hear from welfare officers, receptionists, headteachers, admin staff, and anyone else responsible for:

- making policy decisions about health, vaccinations or infection control
- dealing with illnesses and outbreaks at the school
- sending letters to parents or guardians

If that's you and you're happy to get involved, [please let us know using this sign-up form](#).

You can also forward this message to anyone where you work who has these responsibilities.

Mentally Healthy Schools and Anna Freud have set up a Resource Hub for schools with a vast range of [free resources](#) on mental health topics including; transitions, pre/post exam stress, friendships and bereavement

## A new campaign, co-designed by members of Bolton Youth Council, aimed at supporting girls with their mental health through physical activity has been launched

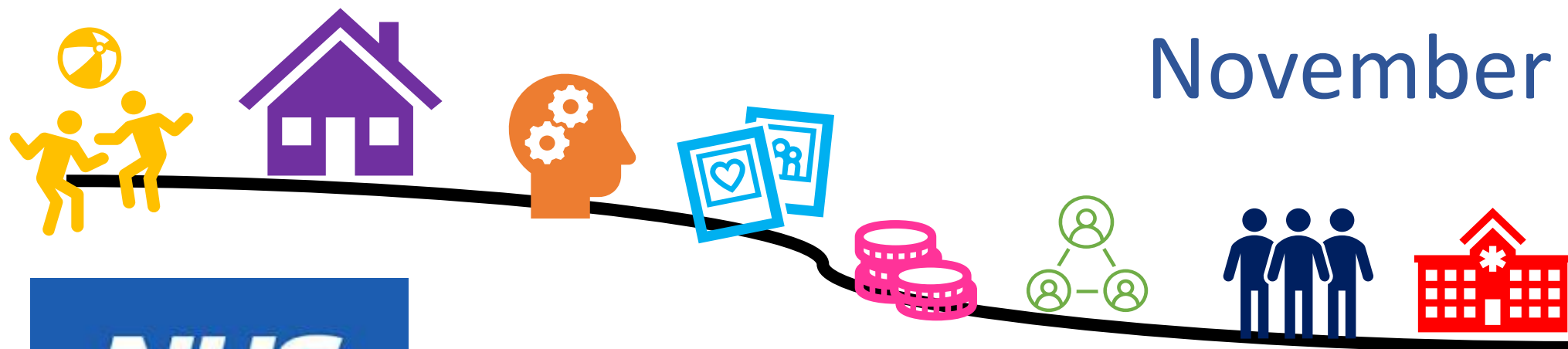
The [Feel good your way](#) campaign shows 11- to 16-year-old girls how moving in whatever way works for them can support significant improvements in their mental wellbeing.

The video hopes to show young people movement as achievable, social, and a valuable tool for their mental health with girls (cis and trans) and feminine presenting non-binary young people feeling represented and supported.

In Greater Manchester, [Sport England's Active Lives data](#) shows two in three young people are not engaging in the recommended amount of physical activity to benefit their health (60 minutes a day).

# Healthy School News for parents & carers

November 2023



Flu season is just around the corner and now is the time to get protected.

[Here are 5 reasons to vaccinate your child against Flu](#)

If you are a parent of [eligible pre-schoolers](#), make sure that you book your child in with their GP practice for the nasal spray that protects against flu. Flu can be an unpleasant illness in children, causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Most children recover within a week and are well enough to go back to nursery or school, but for some it can be life-threatening.

Primary and secondary school students can also get the nasal spray vaccine at school – [make sure you sign the consent form!](#)



Are you looking to volunteer or get work experience? The Canal & River Trust are recruiting volunteers to deliver Water Safety education sessions in schools. Wigan has a lot of canals, flashes and quarries and we want to educate our children 3- 18 years on water safety. Training, expenses and uniform provided.

For more information click [here](#)

## ParentZone

How children and young people access content online is changing, with more platforms introducing Virtual Reality into the format.

ParentZone has created some [videos](#) for young people and parents that explore safety, parental supervision and how to have conversations about use.

The **Our Town Directory** is a new central directory for our borough's services, helping you to stay happy and healthy. ☺

It brings together local support and things to do, whether you are living, visiting or working in the borough, plus events, activities, groups and childcare available in your local community.

Find out more and add your listing 📄 <https://directory.wigan.gov.uk/kb5/wigan/fsd/home.page>

