LUNT'S HEATH

News

Friday 8th December 2023

" As we enter our last full week before the Winter break, it's important that we reflect about what we have achieved this term. We prode ourselves on giving the children experiences and giving them the opportunity to explore the world around them. I write this to you as we embark on our latest journey to Robinwood with our year 5 children – something the school has been doing for many years. Life at Lunt's Heath is filled with excitement and energy, something we pride ourselves in very much. Look out for the Robinwood pictures in the newsletter coming up " Mr. D Paton, Headteacher

YEAR 1 AND 2 - PENGUIN PETE PERFORMANCE

The children in Year 1 and 2 will be delivering their performance of Penguin Pete to parents on: MONDAY 11TH DECEMBER - 9.15AM

WEDNESDAY 13TH DECEMBER - 2PM

Tickets for these performances have been sent home to parents. Remember to bring your tickets with you. Please enter the school via the school office. Doors will not open until 10 minutes before the performance.

EYFS - CHRISTMAS SONG SPECTACULAR

The children in EYFS will be delivering their Christmas Song Spectacular to parents on: MONDAY 11TH DECEMBER - 2PM

WEDNESDAY 13TH DECEMBER - 9.15AM

Tickets for these performances have been sent home to parents. Remember to bring your tickets with you. Please enter the school via the school office. Doors will not open until 10 minutes before the performance.

PTFA PANTOMIME = PINOCCHIO - TUESDAY 12TH DECEMBER

On Tuesday 12th December, we will be visited by the Altru theatre company for our school performance of the Pantomime Pinocchio. We will have two performances during the day, one for KS1 and one for KS2. We are extremely grateful to the PTFA for funding this experience for the children. If you have ordered tuck shop from the PTFA for the pantomime via Evolve and the School Gateway this will be provided for the performance. We know the children will have an amazing time.

CHRISTMAS DINNER - THURSDAY 14TH DECEMBER

We will be having our school Christmas Dinner on Thursday 14th December. Please see poster later in the newsletter for further information about this meal. Remember to book this meal in advance in the usual way. If they are having a packed lunch, perhaps this could have a festive twist. The children should wear school uniform on Thursday but they can wear a Christmas Hat or Headband for their lunch. Please see the menu for the week later in the newsletter, as out Deli day will be on Wednesday next week to accommodate Christmas dinner on Thursday.

HOUSE DAY - FRIDAY 15TH DECEMBER

Friday 15th December will be our half termly House Day. On Friday the children should wear their school PE kit, with their house coloured T-Shirt and replace their PE jumper with their Christmas jumper. On this day the children will complete a range of activities based on our school values of: Ambition, Enterprise, Inner Resilience, Collaboration and Understanding.

PTFA CHRISTMAS HAMPERS

Final opportunity to win a fantastic Christmas Hamper! Raffle tickets for the PTFA Christmas are on sale until close of play Tuesday... Winners announced Wednesday! You can buy as many tickets as you'd like on the School Gateway - good luck! See poster later in the newsletter to see what you could win.

CAROLS AROUND THE TREE - MONDAY 18TH DECEMBER

All parents should now have received ONE ticket to our Carols Around the Tree event: EYFS / Y1 / Y2 = Carols Around the Tree = 9.15am OR 1.15pm

YEAR 3 AND 4 = Carols Around the Tree = 10.15am

YEAR 5 AND 6 = Carols Around the Tree = 2.15pm

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

REMINDERS

Please make sure your child is wearing the correct school uniform each day, including school shoes not trainers, god or silver studs if they are wearing earring (no shapes or gem stones) and a tie with their school shirt. Please do not send your child to school with lip balm or lip gloss, applying this at home before school if required. Snacks for playtime should be a healthy snack.

FORTHCOMING DATES Monday 11th December = Y1/2 and EYFS Christmas Performances

Tuesday 12th 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. All parents should have received one ticket to their child's Carols around the Tree performance on Monday 18th December. Wednesday 20th December = Christmas Party Day (Children to wear their own party clothes)

RAFFLE TICKETS





'Raffle ticket sales until close of play Tuesday... Winners announced Wednesday! You can buy as many tickets as you'd like on the School Gateway good luck!'



Raffle tickets for these hampers are £1 a ticket and can be purchased via the School Gateway.

All children will be given a free ticket for the children's hampers.





REMINDERS

PLEASE SEE BELOW FOR A REMINDER OF THE UNIFORM THAT CHILDREN SHOULD BE WEARING THIS HALF TERM.

School Uniform

Please clearly mark all items of clothing with your child's name: Plain white shirt (short-sleeve preferred) and school tie (navy and bottle green) Grey skirt or pinafore or trousers Navy with bottle green trim school cardigan or V-neck jumper with logo Grey socks or plain grey tights Flat black shoes (not trainers or open toe / heel sandals) Bottle green or navy blue hair tie or ribbons or bands Only gold or silver stud earrings (no jem stones or shapes)

PE Kits should consist of PE T-shirts, jogging pants and jumper - not shorts.

After half term the children should not be wearing polo shirts, tailored shorts or Summer dresses.



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 11.12.23

		Week 2
Monday	Main	Pork & Carrot Meatballs (x4) served with herby potatoes Vegan Sausage Roll served with herby potatoes
ž	Vegetable	Spaghetti Hoops, Salad Bar
	Dessert	Ice Cream Roll, Fresh Fruit, Yoghurt
Tuesday	Main	Homemade Pasta Bolognaise served with a homemade garlic triangle Homemade Cheese & Rice Flan served with boiled potatoes
J ^T	Side	Sweetcorn & Peas, Salad Bar
	Dessert	Fruit Flapjack, Fresh Fruit
Vednesday	Main	Deli Day selection of filled Wraps & Sandwiches served with oven baked potato wedges Filled Jacket Potatoes served with a side salad
Vedr	Side	Salad Bar
\$	Dessert	Melting Moment & Wedge of Fruit, Fresh Fruit
Thursday	Main	Christmas Dinner
F	Side	Dinner S
	Dessert	
Friday	Main	MEAT FREE FRIDAYS Fish Stars (x2) or Non-Fried Salmon Fillet served with chips Our Famous Homemade Margherita Pizza served with chips
	Side	Mushy Peas, Salad Bar
	Dessert	Chocolate Ice Cream Tub, Fresh Fruit
(a)		Week 2
		11/09 02/10 23/10 20/11 11/12 08/01 29/01 26/02 18/03 22/04 13/05 10/06 01/07

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 = 95.6%

This week's attendance = 95.3%

EYFS + KS1 Winners = Miss Chorley and Mrs Molloy -Class RL + RH = 95.6% KS2 Winners = Mr Crook - Class 6H = 97.8%

EVFS = Katrina Hainey YEAR 1 = Kobi Birch YEAR 2 = Lily Connolly YEAR 3 = Zachary Johnson YEAR 4 = Abbigail Fife YEAR 5 = Thomas Brady Duck YEAR 6 = Sophia Melia



Is your child a true Lunt's Heather?

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

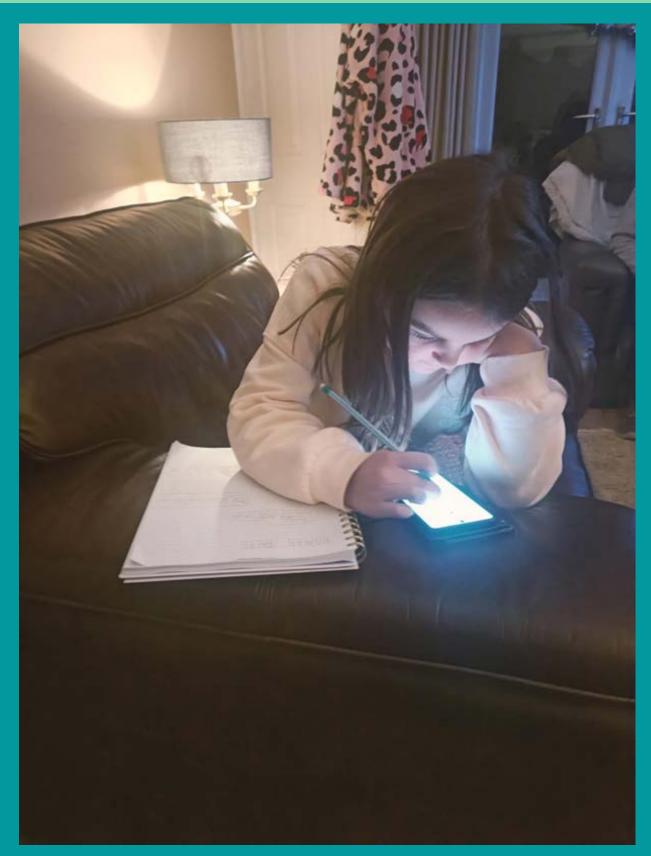
Has your child gone above and beyond to demonstrate one of our school values at home? Nominate them for a Value Award and we will surprise them in Celebration Assembly!

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

We are asking for parent nominations of pupils who have demonstrated one or more of our Lunt's Heath Values at home:

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

We love to hear about how our children fulfil our school values in their everyday lives. Here are this week's Community Value Award winners:



Violet for showing Ambition and Inner-Resilience.

Violet has shown great resilience and ambition by researching the Romans and Shakespeare. She did this independently and even continued her research on words she wasn't familiar with.



HEADTEACHER AWARDS

EYFS and Key Stage 1 = Felicity Young - For having a fantastic first term in Year 2!

Key Stage 2 = Ollie Gleave - For being a true gentleman!

EYFS + KEY STAGE 1

Class	Name of child	Reason for award
RL	Alana Bell	Curriculum – For working so hard to challenge herself to write her name.
	Karina Tang	Understanding - For always understanding our class rules and trying her best.
RH	Dylan McIlrow	<i>Curriculum – for great progress in Phonics and applying his skills in provision.</i>
	Lottie Shuttleworth	Understanding – for showing thoughtfulness towards others and being mindful of the interests of her friends.
1L	Mabel Doran	Curriculum – For always trying her best in all that she does at school.
	Walter Fox	Understanding –For being kind and caring towards others.
1H	Dexter Davenport	<i>Curriculum – For being so ambitious whilst writing independently this week!</i>
	George Francis	Understanding - For always being such a lovely member of 1H and the first to cheer your friends on!
2L	Freddie Coady	Curriculum – For always displaying a hardworking attitude in class and being determined to try his very best.
	Georgia Pearce	Understanding – For showing a good understanding of her classmates' feelings and always showing kindness to everyone.
2H	Emily Lockett	Curriculum – For her excellent effort in our reading sessions and
		her understanding of the texts.
	Stanley Swain	Understanding – For understanding what a great Lunt's Heath
		super star looks like. Always trying his best, being polite and
		respectful and following our school values.

YEAR 3 AND 4

Class	Name of child	Reason for award
3L	Scarlett Campbell	<i>Curriculum – for never being afraid of answering a maths question!</i>
	Pheobe Caswell-Highton	Understanding -for understanding our school values and trying her
		best to show she is ready to learn every day.
3H	Matthew Ellis	<i>Curriculum – for always pushing himself to explore new methods in</i>
		Maths.
	Alice Maloney	Understanding -how to be a true Lunt's Heath superstar, always
		trying her best and facing challenges with a smile on her face
4L	Oden Nelson	Curriculum – For showing a great attitude to learning this half
		term!
	Erin Childs	Understanding - For doing a fantastic job playing a Soldier in our
		Nativity play!
4H	Miles Anders	<i>Curriculum – for continually trying to improve in his maths.</i>
	Mila Hewitt	Understanding – for a great understanding of the role of the
		narrator in our year 4 Christmas production

YEAR 5 AND 6

Class	Name of child	Reason for award
5L	Ember Armstrong	Curriculum – For making the link between decimals and place value to understand how to solve Mathematical problems.
	Connor Dally	Understanding - For making excellent learning links in History between the Vikings and the modern world
5H	Ember Armstrong	Curriculum – For making the link between decimals and place value to understand how to solve Mathematical problems.
	Connor Dally	Understanding - For making excellent learning links in History between the Vikings and the modern world
6L	Violet Greason	Curriculum – Violet has continued to work hard this week consistently getting involved in lessons. She is never afraid to ask questions and is always looking for ways to expand her own knowledge and understanding.
	Lennon Duff	Understanding - Lennon has demonstrated a keen desire particularly in our football and history lessons. He enjoys showing his football skills and demonstrating what he knows about Liverpool and WW2.
6H	Giles Eagle	<i>Curriculum – Developing his mathematical thinking to constantly improve every lesson.</i>
	Isla Grady	Understanding – Showing real understanding on how sports can be adapted to be inclusive for all.



Christmas Performance

We are very excited to welcome you to school next Monday and Wednesday to enjoy our performance. A gentle reminder that children will need to bring their costumes into school in a bag if they haven't already by Monday 11th of December. Please ensure that everything is named.

Christmas Songs

Here are the links to the songs we will be singing for your child to practise at home. Rockin Robin = https://www.youtube.com/watch?v=vFWEaaoYgHk Merry Christmas = https://www.youtube.com/watch?v=N-PyWfVkjZc When Santa got stuck up the chimney = https://www.youtube.com/watch?v=UhRL7xlDJIE Frosty the snowman = https://www.youtube.com/watch?v=i5G0FNUGvlI Rudolf the red nose reindeer = https://www.youtube.com/watch?v=fJQqOzkcHjg Sparkle and shine = https://www.youtube.com/watch?v=n_DI7Rs8TCQ Rockin around the tree = https://www.youtube.com/watch?v=1qYz7rfgLWE Santa clause is comin to town = https://www.youtube.com/watch?v=apORQJa3NZw Enjoy singing and dancing!







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. We have loved reading 'Goldilocks and the Three Bears' in Drawing Club this week and the children have come up with some wonderful ideas.

Mathematics

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.

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 15th December will be our final Christmas jumper day. This will coincide with our House Day. The children should wear their Christmas jumper with their school PE Kit and House Colour T-shirt. Have a great weekend! The EYFS Team.



Spelling Shed Champion Paul Lowe

<u>Maths Shed Champion</u> Nahla Donaldson

<u>Dojo Champion</u> Arthur Allen and Jacob Thompson

アEAR 3 中 但 AWARDS

Spelling Shed Champion

Mariyah Ahmed

<u>Maths Shed Champion</u> Mariyah Ahmed

<u>Dojo Champion</u>

Eedie Wood

TEAR 5 + 6 AWARDS Spelling Shed Champion Grace Gregson

Maths Shed Champion William Oteh

<u>Dojo Champion</u> Harry Gerrard

THIS WEEK YEAR 5 - OUTDOOR LEARNING

The children in Year 5, have been working with Mrs Mansell this half term on their Outdoor Learning. This week they learnt how to create Clove Hitch Knots and Square Lashing. They had lots of fun, discovering how these could be used.



THUSION WEEK

This week in PE, the children have explored how different activities can be adapted to make them inclusive for everyone. This included activities like blind football, boccia, sitting table tennis, walking football and speed stacking.



THUS ION WEEK

This week in PE, the children have explored how different activities can be adapted to make them inclusive for everyone. This included activities like blind football, boccia, sitting table tennis, walking football and speed stacking.







On Monday 4th December, our KS2 choir visited Oak Meadow residential care home to sing for its clients. Both the children and residents had a fantastic time and Miss Bruen returned the following day with Christmas cards made by the children for their new friends.



YEAR 3 + 4 Starry Night

On Tuesday, Year 3 and 4 were visited by B-Tales and given a performance of their play Starry Night, which taught them the Christmas story through a modern

retelling. The children really enjoyed it and were mesmorised.



THIS WEEK 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 physical and chemical changes. We explored the changes to mentos when added to a small amount of coke and fanta. Our investigation outside was to find out whether or not the amount of Mentos added to coke, impacted the size of the explosion. To make it a fair test, we could only change one component, which was the amount of Mentos we added.









THIS WEEK ROYAL INSTITUTION CHRISTMAS LECTURES

Royal Institution Christmas Lectures

Join us on Thursday 14th December as we live stream the Christmas Lectures directly from the Ri's Theatre.

In the 2023 CHRISTMAS LECTURES, Mike Wooldridge will tackle the most important and rapidly evolving field of science today – Artificial Intelligence (AI).

Not since the World-Wide Web emerged 30 years ago has a new technology promised to change our world so fundamentally and so swiftly as AI does. Today's AI tools such as ChatGPT and AlphaGo are just a hint of what is to come. The future of AI is going to be quite a journey and the 2023 CHRISTMAS LECTURES will give us a guided tour.

Doors open at 5:30pm, Lecture streamed from 6:00pm – 8:30pm Tickets £7.00 per person

CHRISTMAS LECTURES are aimed at an audience of 11-17 year olds, however they are accessible for people of all ages and all levels of scientific knowledge. They are typically watched by families together – a Christmas family tradition!

This AI lecture is at the Catalyst next Thursday 14th December aimed at 11+. People can book on the link on the

page.https://www.catalyst.org.uk/event/royal-institution-christmas-

lectures/

Moki Watches Missing

In school the children compete in a Moki challenge. Every week a new year group have the Moki watches to compete in the challenge. However, a few Moki's have gone missing. We would really appreciate if you could check at home if your child has accidentally brought it home and return it to school so we can continue promoting being active in school.



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 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)** 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