

LUNT'S HEATH

News



Friday 27th October 2023

“ And just like that, we have completed our first half. It’s amazing how much we have managed to achieve these past few weeks. We are all dedicated to ensuring that the children always have the chance to shine! It has also been great that we have managed to share so much with yourselves! I hope that you have a lovely half term and we look forward to seeing you on Monday 6th November. ”

Mr. D Paton, Headteacher

INTERHOUSE SPONSORED EVENT

ON Thursday 26th October we held our Skipathon for our chosen charities: Year 5 and 6 were supporting The Brain Tumour Charity, Year 3 and 4 Halton Haven Hospice and EYFS / KS1 The Liverpool Heart and Chest Charity. We were overwhelmed by your support and generosity. See later in the newsletter for the amount raised.



CLASS 5L - BLUE PETER APPEARANCE FRIDAY 27TH OCTOBER - 5PM



Last week the children in Class 5H visited Blue Peter to appear in the audience for a recording of the television programme. This will be shown tonight at 5pm on the CBBC channel or IPlayer. Our children took part in a number of Halloween based activities including halloween face painting and sock puppet making. Please tune in tonight to see what they got up to.

PTFA CAULIFLOWER CHRISTMAS CARD DELIVERY

Yesterday, we received part of the PTFA Cauliflower card delivery consisting of mugs that had been ordered, so these were sent home to parents. We have not yet received the rest of the order, consisting of cards, wrapping paper, etc. As soon as we receive this part of the delivery, it will be sent home to parents.

EXTRA CURRICULAR CLUBS MONDAY 6TH NOVEMBER

Extra Curricular Clubs will re-start after half term on Monday 6th November. Unfortunately, due to limited numbers we have had to cancel Tag Rugby Club after half term. The children in this club will be given the opportunity to join a different club if they wish. Children have been given the opportunity to join the paid for Year 3/4 Splash Art Club (Friday), KS2 Taekwondo (Wednesday) and Archery (Tuesday am) clubs during the Autumn 2nd Half Term. Please see separate letters emailed and the poster later in the newsletter, for further information.

APPEAL FOR KS2 CHOIR MEMBERS - CHRISTMAS PERFORMANCE WITH THE HIGHFIELD MALE VOICE CHOIR

Our school choir has been given the opportunity to participate in a number of Christmas performances. We are looking for extra members to boost our choir. If your child would like to join our choir we have re-opened the booking system. Choir is held on a Monday night and the children will be learning Christmas songs for these performances.

CLASS INFORMATION - CHANGE IN PE DAYS

You have been emailed the Curriculum Newsletter for your child’s class. This will give you information about the topics that they will be covering next half term. Please have a look and discuss this information with your child in preparation for their new learning. Knowledge Organisers can be found on your child’s class page for further specific information about these topics to assist you.

There may have been some changes to your child’s PE day next half term. This is to allow the class to access provision provided by a PE specialist. Please see the page later in the newsletter for these changes.

AUTUMN 2ND HALF TERM - KEY DATES

You have been resent the dates list for information about forthcoming events across the school year. Please see Evolve forms for further information.

During the week commencing Monday 6th November:

WEDNESDAY 8TH NOVEMBER - YEAR 2 LOCAL AREA WALK

WEDNESDAY 8TH NOVEMBER - CLASS 3H SWIMMING

THURSDAY 9TH NOVEMBER - CLASS 4H - CATALYST SLEEPOVER

THURSDAY 9TH NOVEMBER - YEAR 6 CHRONOLOGICAL WORKSHOP

FRIDAY 10TH NOVEMBER - YEAR 3 MUSLIM WORKSHOP

SEND NEWSLETTER

We have launched our new SEND Newsletter. This can be found on our SEND page on our school website under the Key Information Tab. A link to this newsletter was also emailed to parents. Please have a look at the website page and contact Mr Moore if you would like to discuss any of the information further.

**SCHOOL RE-OPENS ON MONDAY 6TH NOVEMBER AT 8.35AM
HAVE A RELAXING HALF TERM BREAK**

Wise Owl Award

Autumn 1st Half Term

AS A SCHOOL WE WANTED TO RECOGNISE THE CHILDREN WHO WERE ALWAYS DOING THE RIGHT THING AND WERE SHINING EXAMPLES TO THE REST OF THE CLASS. THESE CHILDREN DEMONSTRATE, ON A DAILY BASIS, THE QUALITIES OF A WISE OWL:

THE WISE OWL PERSONALITY ENCOMPASSES ELEMENTS OF ASSURANCE, BEING OBSERVANT, LOGICAL, AND UNRUFFLED AMIDST THE CHAOS. MYSTIQUE AND TRUST ARE THE MOST EFFECTIVE STYLES OF COMMUNICATING FOR THIS ARCHETYPE. THEY COME ACROSS AS MORE INFLUENTIAL AND ACCOMPLISHED WHEN THEY INTERACT WITH THEIR PEERS USING THEIR “FASCINATE SUPERPOWERS” I.E., TRUST AND MYSTIQUE. THE WISE OWL RADIATES A DEPENDABLE PERSONALITY AND BRINGS CALM TO STRESSFUL SITUATIONS.

OUR AUTUMN 1ST HALF TERM
AWARD WINNERS ARE:



RH = RONNIE O'BRIEN
RL = MYLA BRANDRETH
1H = ARTHUR ALLEN
1L = KOBI BIRCH
2H = ISLA PEARCE
2L = SOPHIA CAIN
3H = TEDDY CALLENDER
3L = ARLO ALLEN
4H = WILL PRICE
4L = EEDI WOOD
5H = JACK ESHLIN
5L = THOMAS BRADY DUCK
6H = PIPER SMITH
6L = RUBY HART

LUNT'S HEATH

AUTUMN 2ND HALF TERM PE DAYS

EYFS = MONDAY (INDOOR)
THURSDAY (OUTDOOR)

YEAR 1 - MONDAY (OUTDOOR)
WEDNESDAY (INDOOR)

YEAR 2 = TUESDAY (INDOOR)
FRIDAY (OUTDOOR)

YEAR 3 = MONDAY (OUTDOOR)
WEDNESDAY (OUTDOOR)
CLASS 3H = WEDNESDAY
SWIMMING

YEAR 4 = WEDNESDAY (INDOOR)
FRIDAY (OUTDOOR)

YEAR 5 = MONDAY (INDOOR)
FRIDAY (OUTDOOR)

YEAR 6 = TUESDAY (OUTDOOR)
FRIDAY (INDOOR)

UNIFORM



AUTUMN 2ND HALF TERM

The children all looked really smart for our school photographs yesterday and that is what we would love to see everyday when they are wearing their uniform.

WHEN WE RETURN TO SCHOOL ON MONDAY 6TH NOVEMBER THE CHILDREN SHOULD BE WEARING THEIR WINTER UNIFORM

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.

LUNT'S HEATH

School Dinner Menu

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 6.11.23

		Week 3
Monday	Main	Chicken Korma Curry served with 50/50 rice and homemade naan balls Tomato & Basil Pasta Bake 🌱 served with homemade garlic dough balls
	Vegetable	Green Beans, Salad Bar
	Dessert	Homemade Raspberry Bun, Fresh Fruit
Tuesday	Main	Homemade Beef Burger in a Bun served with saluted potatoes Oven Baked Veggie Balls 🌱 served with sautéed potatoes
	Side	Garden Peas, Salad Bar
	Dessert	Lemon Drizzle Muffin, Fresh Fruit
Wednesday	Main	Roast Turkey Dinner served with Stuffing Balls, Roast/Mash Potatoes & Gravy Quorn Sausage 🌱 served with Stuffing Balls, Roast/Mash Potatoes & Gravy
	Side	Carrots & Broccoli
	Dessert	Jelly & Ice Cream, 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
	Side	Salad Bar
	Dessert	Homemade Ginger Biscuit & Wedge of Fruit, Fresh Fruit
Friday	Main	MEAT FREE FRIDAYS Fillet Fish Fingers (x2) 🌱 served with chips Our Famous Homemade Margherita Pizza 🌱 served with chips
	Side	Baked Beans, Salad Bar
	Dessert	Kracholates, Fresh Fruit
		Week 3
		18/09 09/10 06/11 27/11 18/12 15/01 05/02 04/03 25/03 29/04 20/05 17/06 08/07

★ STARS OF THE HALF TERM ★

OTIS

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.

Our new Kids Space Out of Hours Club also provides opportunities, as well as the numerous private providers and childminders across the area.

I'd like to reiterate the importance of Attendance and the impact it has on schooling. Our attendance has been excellent since we started back. Holidays in term time cannot be authorised unless it 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 = 96.8%

This week's attendance = 95.75%

Autumn 1st Half Term Winners – 4H!
Party Afternoon during the first week back!

LUNCHTIME STARS

EYFS = Ellie Grady
YEAR 1 = Nahla Donaldson
YEAR 2 = Edward Lawless
YEAR 3 = Joshua McDermott
YEAR 4 = Amelie Archer
YEAR 5 = Halle Flynn
YEAR 6 = James Barr

STARS OF THE HALF TERM

EYFS + KEY STAGE 1

Class	Reason for award
RL	<p>Ambition – For all working together as class team at Lunt’s Heath Primary School and trying your best with all the new and exciting things we have experienced this first half term.</p> <p>Enterprise – You are all working so hard in all areas of your learning and pushing yourselves to learn as best as you can.</p> <p>Inner resilience – For being willing to try new things, especially in phonics when learning lots of new sounds - you have taken it all in your stride.</p> <p>Collaboration – It had been wonderful to see you settle in a class together and see you work hard together to look after your new class environment and look after one another, being kind friends.</p> <p>Understanding – For understanding a new routine can be tricky but you have all worked together to understand this and thrive in your first half term at Lunt’s Heath Primary School.</p>
RH	<p>Ambition – for making such a fabulous start to life at Lunt’s Heath, you have all made such progress already! Enterprise - you all try hard to be your best selves and push yourselves to try your very best in the work that you do. Inner resilience – you have all shown this value by not giving up when things get tricky, especially in your letter formation! I have been so impressed with your determination! Collaboration – for showing such team spirit and helping your new classmates out when they need it. It has been wonderful getting to know you all as individual characters but also how you come together to make the most wonderful class team!</p> <p>Understanding – for getting to know all of your new classmates this first half term, showing your kindness and team spirit.</p>
1L	<p>Ambition - For completing challenges during lessons.</p> <p>Enterprise - For sharing ideas and making connections within your learning.</p> <p>Inner resilience - For being eager to have a go at new activities.</p> <p>Collaboration - For working well in chatty partners discussing what you have learnt this half term.</p> <p>Understanding – For being supportive towards others.</p>
1H	<p>What an amazing half term we have had, 1H! I am so impressed with the way you all come in each morning with such a determined and ambitious attitude. You are all constantly blowing my socks off with your incredible, imaginative ideas you come up with. I love how even when something is a bit tricky, you know to smile and just give it a go. There are so many lovely friendships in our class and I love how you always show amazing teamwork. Thank you for trying your best to follow our school rules - you do a super job. Keep shining, my superstars!</p>
2L	<p>Ambition – For striving to be your best selves as super role-models in Year 2.</p> <p>Enterprise – For displaying creativity in our Art unit and creating fantastic, colourful paintings!</p> <p>Inner resilience – For trying hard and keeping going when faced with tricky Maths problems or challenging questions in our English and Maths lessons.</p> <p>Collaboration – For fantastic talk partner and group work this half term in our topic lessons.</p> <p>Understanding - For always trying your very best to be kind to each other and understanding of each other’s feelings.</p>
2H	<p>Ambition – for always striving to be their very best selves and for being all round Lunts Heath superstars. They put so much effort into their work every day and always want to learn new things.</p> <p>Enterprise - For always thinking creatively and making links in their learning.</p> <p>Inner resilience – for developing a growth mindset and being determined to achieve even when it gets tricky wearing a smile!</p> <p>Collaboration – for working together so wonderfully in talk partners, small group and whole class activities.</p> <p>Understanding – for understanding each-other’s thoughts and feelings and their fantastic knowledge in our learning.</p>

STARS OF THE HALF TERM

LOWER KEY STAGE 2

Class	Reason for award
3L	<p>Ambition – You have all shown ambition in lots of different ways. Some have shown it in Maths working out a tricky subtraction whereas some of you have shown it in your English groups.</p> <p>Enterprise – You have shown enterprising ways to work things out. We will work together to find more enterprising ways to work things out.</p> <p>Inner resilience – You have needed it this half term, but you will need some more throughout the year. Keep working on building this.</p> <p>Collaboration – We work together brilliantly. Can we keep this going throughout the year please?</p> <p>Understanding – You are starting to understand what it means to be a member of year 3. Keep working on this and you will reap the rewards.</p>
3H	<p>Ambition - for always trying to be our best self, listening with respect and always looking for ways to improve our work whilst always having a big smile on our faces.</p> <p>Enterprise - for coming up with new and challenging methods when solving challenges; whether it be using different resources in maths, finding different ways to write shape poems or using different turns to find space in football.</p> <p>Inner resilience – for simply never giving up. In 3H we pride ourselves on how well we can overcome challenges by supporting each other, working through challenges together and encouraging each other to push ourselves to keep going!</p> <p>Collaboration - for being able to work with everyone in the classroom and always giving our best. 3H have developed fantastic teamwork skills across all aspects of the curriculum we love to share our ideas, support and coach each other through challenges and celebrate each and every one of our successes.</p> <p>Understanding - for understanding how to help others to achieve our goals no matter how big or small they may be. As a class, we understand and celebrate our differences. We want everyone to achieve and feel a massive sense of pride when we see these steps of success.</p>
4L	<p>Ambition – 4L are a very ambitious bunch and demonstrate this everyday by wanting to learn more and always participating in lessons. Particularly this term, they have shown such ambition to learn all of their multiplications.</p> <p>Enterprise – 4L have shown their enterprising skills this term by designing, building and evaluating a Roman catapult. They showed all of our school values while chopping wood with saws, gluing with hot glue guns and firing bouncy balls across the field to test them out.</p> <p>Inner resilience – 4L have demonstrated their inner resilience by never giving up on tricky subjects and always powering through. Especially by working hard on their multiplications.</p> <p>Collaboration – 4L are incredible at collaborating, I am so impressed by their ability to resolve conflict and work as a team. This is demonstrated in our Dance and Cricket lessons.</p> <p>Understanding – Our class have all shown understanding of our topics by being able to recall incredible facts and even go away and continue their learning at home, always coming back to school with new information to share.</p>
4H	<p>Ambition – We have set ourselves academic and personal goals which we have strived to achieve and will continue to do so. Enterprise - We challenged ourselves to think critically and find creative solutions especially in our DT project of making Roman catapults.</p> <p>Inner resilience – The Autumn term is always challenging; however, we have maintained a positive outlook on school life, even in the face of challenges set to test us. Collaboration – We have worked hard to develop our skills of working together especially in PSHE where we created posters together encouraging successful teamwork. Understanding – To show our willingness to learn, we have been asking questions to our peers and teachers to ensure we understand any areas we may be struggling with.</p>

STARS OF THE HALF TERM

UPPER KEY STAGE 2

Class	Reason for award
5L	<p>Ambition – For developing strategies to move out of their comfort zones to be stretched and challenged further.</p> <p>Enterprise – For using new skills to produce effective printing blocks in Art.</p> <p>Inner Resilience – For showing great determination to succeed when faced with new learning.</p> <p>Collaboration – For exploring ways to work together to solve problems using a range of strategies.</p> <p>Understanding – For explaining ideas in their workbooks to show what they have understood.</p>
5H	<p>Ambition – 5H have shown fantastic ambition in our Skipathon. They have not given a ceiling to the amount of money they can raise but also in spreading awareness about our charity too!</p> <p>Enterprise – 5H have shown fantastic enterprise this half term in our dance lessons creating new routines and movements to demonstrate British Values</p> <p>Inner resilience – 5H have just started reading timetables in Maths – a tricky subject! They have faced this head on and not given up when things got tough!</p> <p>Collaboration – In our art lessons 5H have collaborated to share the equipment and share ideas together.</p> <p>Understanding – 5H have demonstrated great understanding of the Anglo-Saxons. Particularly in our amazing class assembly!</p>
6L	<p>Ambition – For settling well into their roles as Year 6s and being fantastic role models for the rest of the school. Enterprise – For getting involved whole-heartedly in school life be it through school leader roles, showing parents around the school or charity activities. Inner resilience – For showing desire to succeed in Year 6 by identifying their own targets and challenging themselves to achieve these targets. Collaboration – For working well as a class supporting each other to achieve goals and celebrating the successes of others.</p> <p>Understanding – For showing keenness across a range of subjects particularly English, History and PE where they constantly show a desire to know and learn more.</p>
6H	<p>Ambition – You have shown great ambition to learn and perfect a new skill in taekwondo sessions.</p> <p>Enterprise – I have been wowed by the amount of people creating their own enterprising ideas to raise additional money for charity.</p> <p>Inner resilience – Your inner resilience has been shown across the subjects but especially in art when we slowly developed our final pieces.</p> <p>Collaboration – You are such a great class when collaborating. I couldn't be happier how you work together and help each other.</p> <p>Understanding – Your understanding has blown me away. We are in such a great position when starting Year 6 and we continue to develop every day.</p>

YEAR 1 + 2 AWARDS

Spelling Shed Champion

Paul Lowe

Maths Shed Champion

Nahla Donaldson

Dojo Champion

Flossie Thewlis

YEAR 3 + 4 AWARDS

Spelling Shed Champion

Kayleigh Lucidarme

Maths Shed Champion

Pippa Jones

Dojo Champion

Charlotte Tomlinson

YEAR 5 + 6 AWARDS

Spelling Shed Champion

Charlotte Reilly

Maths Shed Champion

Charlotte Reilly

Dojo Champion

Mason Wright

EYFS Newsletter

This week brings to a close our first half term at Lunt's Heath! These eight weeks have flown by and as staff we could not be prouder of how the children have settled into school life!

Phonics

This week in phonics we have continued to explore some more of our 'special friends' - qu, ng and nk. Special friends are digraphs so they have two letters that make the one sound. We have been lots of time working on our blending skills so that children can read the words once they have 'Fred Talked' the sounds.

Maths

In our Maths Fluency lessons we have looked closely at the number five; representing it in different ways using concrete and pictorial resources, noting how we have five fingers on our hands that allow us to 'high five' and finally how five and five combine to make ten in total.



'Where in the world do my family come from?'

In our Topic lessons our Big Question has been 'Where in the world do my family come from?' Firstly we discussed what type of house we live in before sharing some examples of locations further afield where some of us have relatives living. We then explored locating these places on a map.

Parent Consultation

Thank you for joining us during our two Parent Consultation Evenings. It is always so beneficial to meet and share the progress the children have made so far and what we will be working on next. As always we value your perspective as their parents and if ever there is anything you need to let us know, please do not hesitate to speak to one of us.

Thank you for all the support and guidance you have given to the children as they started their school journey. They have worked incredibly hard and are more than ready for a break. We hope you have lots of fun over half term and don't forget you can always share any experiences on Tapestry to enable the children to share with the rest of their class.

The EYFS Team

THIS WEEK

YEAR 5 - SPORTSHALL

ATHLETICS

On Tuesday this week, some of our Year 5 children went to Kingsway Lesiure Centre to participate in the Halton School Sports Athletics competition. They took part in a variety of relay races and field events. The children had a fantastic time and learnt some new skills in the process!



AUTUMN CLUBS

Autumn 1 clubs will be continuing in Autumn 2. However, there is some slight changes with the addition of Archery and some clubs being open to different Year Groups.

Archery

KS2 Archery will be starting on Tuesday 7th November for 5 weeks. This will take place from 8.00-8.45 am and will be paid a paid club due to it being run by a specialist.



Taekwondo

Taekwondo will be starting on Wednesday 8th November for 5 weeks. Taekwondo will be a paid club due to it being run by a specialist. **This will now be open to all of KS2.**



Choir

Love to sing? Born to perform? Looking for a new challenge? KS2 Choir will be starting on Monday 6th November and will be preparing for the Christmas performances.



Please see separate club letter for further information.



Lunt's Heath Primary School

T: 0151 423 3322
F: 0151 420 6977
E: sec.luntsheath@halton.gov.uk
W: luntsheathprimary.co.uk

Dear Parents and Carers,

After School Activities – Autumn Term

In Autumn 1 the clubs will run from the week beginning **Monday 11th September up until and including the week commencing 16th October**. The same clubs will continue into Autumn 2 running from **Monday 6th November up until and including the week commencing 4th December**.

Please discuss the available clubs with your child prior to signing up as we have found on a growing number of occasions that children are reluctant to participate in the club activities when they have not chosen them themselves. It is expected that those children allocated places will make a **commitment** to attend, as places are limited for many activities and some children may not have been allocated a place. **If a club does not have enough children sign up the club will be cancelled and we will offer your child a place on a different club that has availability.**

Each club is limited to 25 pupils.

If in exceptional circumstances your child is unable to attend an activity the school office must be contacted to avoid unnecessary concern that occurs when children have been in school and do not turn up for an after-school club often run by a different teacher that is giving up their time to offer a club and is sometimes not your child's class teacher. Children attending a sporting after school club should bring an appropriate change of clothes to avoid wearing their school P.E. kit. If the club is on your child's PE day they do not need to bring a change of clothes. We hope to run Football and Rugby clubs on the field so your child will require both football boots and trainers for when the club needs to be held on the playground if the field is not in suitable playing condition.

The clubs will go live to book 6pm on _____. Each child can only pick one club (if booking a paid club this is not included in their 1 club allocation). If the clubs have spaces, we will then reopen for the children to choose more than one club.

The clubs available are:

KS1
Year 1 Creative club - Monday
Year 2 Scratch club – Monday
KS1 Fundamental Movement - Wednesday
Year 1 Construction club- Thursday

Year 3/4

KS2 Choir – Monday
Year 3 and 4 Football- Monday
KS2 French- Monday
KS2 Reading Club- Wednesday

AUTUMN 2ND HALF TERM ONLY = KS2 Taekwondo- Wednesday this will be a paid club see separate letter (5 sessions)
AUTUMN 2ND HALF TERM ONLY = Year 3 and Year 4 Splash Art Club- Friday this will be a paid club – see separate letter (5 sessions)



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W: luntsheathprimary.co.uk

Year 5/6

KS2 Choir – Monday
KS2 French- Monday
Year 5/6 Football – Wednesday
KS2 Reading Club- Wednesday
AUTUMN 2ND HALF TERM ONLY = KS2 Taekwondo- Wednesday this will be a paid club see separate letter (5 sessions)
Year 5 and Year 6 Movie Night - Thursday

Please note that some clubs will have an extra cost to attend and letters for these clubs will be sent out.

Please complete their preferences via the School Gateway by the morning of Friday 8th September.

Requests after this date will not be acknowledged. **Please keep these dates in your diary. ALL clubs will run straight after school until 4:15pm. This is to ease collection for parents with children in both KS1 and KS2 clubs. ALL children will be collected from the junior playground by an adult.**

The clubs are not weather dependent therefore you will be informed directly if they are to be cancelled for any reason. If a sports club has to be changed due to bad weather it will become an indoor club using ipads/ links to the sport or an indoor club alternative if numbers allow.

Yours sincerely,
Miss McLindon

ENTERPRISE HOUSE DAY

Yesterday the children across the school participated in their Skipathon. Each phase was raising money for a different charity, helping to make a wider impact on our communities.

Throughout the day, each class participated in their Skipathon, showing multiple skipping skills, working together with their friends and challenging themselves to do the most skipping they could do!

As you can see from the photos, the children had a fantastic time. We cannot thank you enough for your kind and generous donations. Your donations have been sent to the charities and will have a massive impact on the people that use the charities.

We can reveal that :

EYFS and KS1 raised **£2665.91** for LHCH - caring for people with heart and lung disease.

Year 3 and 4 raised **£2014.45** for Halton Haven Hospice.

Year 5 and 6 raised **£2942.32** for The Brain Tumour Charity.

We would like to give a special mention to a group of children in Year 6, who through individual enterprise events, selling handmade bracelets and keyrings and running a sweet shop raised **£336.00** for The Brain Tumour Charity.

I'm sure you will agree that this is a substantial amount of money! We were overwhelmed by the generosity of our school community.

Thank you so much!

ENTERPRISE HOUSE DAY



ENTERPRISE HOUSE DAY



**ENTERPRISE
HOUSE DAY**
*Thank you
so much!*
**THANK YOU
SO MUCH!**



LHCH
charity

Caring for people with heart and lung disease

EYFS + KS1
£2,665.91

HALTON HAVEN
Hospice for a special kind of caring 

YEAR 3 + 4
£2,014.45

**THE
BRAIN
TUMOUR
CHARITY**

YEAR 5 + 6
£2,942.32

CHOSEN CHARITIES



LHCH charity

Caring for people with heart and lung disease

HALTON HAVEN Hospice

for a special kind of caring



THE
BRAIN
TUMOUR
CHARITY

WE'RE HELPING TO FIND A CURE FASTER

Find out how:
thebraintumourcharity.org

WE'RE HERE TO ACCELERATE A CURE

Brain tumours have a devastating impact on people's lives. They can strike anyone, at any age. And they strike fast. But what if we could move faster? What if we could be the generation that stopped them - right in their tracks?

As the world's leading brain tumour charity, that's exactly what we're here to achieve. We're dedicated to accelerating progress in how brain tumours are diagnosed, cared for, treated and ultimately cured. And we won't stop until they are.

THE
BRAIN
TUMOUR
CHARITY

A CURE CAN'T WAIT

MOVING FORWARD ON ALL THREE FRONTS...

Our key areas of focus mean we're the only charity to help everyone affected by brain tumours.

SUPPORT

From helping people with a brain tumour to supporting their friends and families - we're here to help anyone whose life is affected.

CAMPAIGNING

We campaign for urgently needed policy change, organise resource and knowledge sharing across the world and work tirelessly to accelerate progress towards a cure. We rally people behind our cause.

RESEARCH

We provide essential funding to pioneering researchers, and connect people, resources and ideas to the areas where they're needed most.

88k

people in the UK are living with a brain tumour

6.5 WEEKS

Average childhood diagnosis time down from 13 to 6.5 weeks since introducing our HeadSmart campaign

£38M

Funds committed to research into brain tumours



JOIN OUR MOVEMENT!

We urgently need your support to help move our work forward. We invest in research to take us closer to a cure every day - and with your help we'll get there faster.

So join our movement. Bake a cake. Take a hike. Run a mile... run a marathon. Whatever you do, whether you donate, fundraise, campaign or volunteer, please get involved. A cure can't wait.

Why not start now, by sharing the poster on the reverse on social media. Find us on Facebook, Instagram and Twitter and use #ACureCantWait

The more awareness we raise, the more lives we save.

GET IN TOUCH

thebraintumourcharity.org
01252 749990
enquiries@thebraintumourcharity.org

SANTA DASH 2023



Santa Dash 2023
In memory of Bobby



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 DAY!

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

**HTTPS://
WWW.GOFUNDME.COM
/F/BRAIN-TUMOUR-
RESEARCH-IN-
MEMORY-OF-BOBBY-
SPENCER**

*Don't forget your
Santa suits!*



**SATURDAY
9TH
DECEMBER**

The **Big** Widnes Foodbank

Harvest Appeal

2023



HELP US PUT FOOD ON THE TABLE THIS HARVEST

Thank you so much for your kindness and generosity in donating items for our Harvest Collection. We were overwhelmed by the amount of donations we received. Only some of the items received were displayed in the church as our collection box was again filled yesterday. We heard from Widnes Foodbank that this week they were unable to give out toiletries as they didn't have any to give, so they will be thrilled to receive your donations. Thank you to the parents and carers of children in Year 3 and 4, who joined us at St Luke's Church for our Harvest Celebration, the children enjoyed sharing their learning with you.



THANK YOU
so much!

GEOGRAPHY PHOTO COMPETITION

Geography Photo Competition

Autumn Half Term
Friday 27th October to Monday 6th November

We want you to send a photo of YOU in front of your favourite geographical human or physical feature.

There are 6 categories.

LOCAL

Human Feature

Local

Physical Feature

UK

Human Feature

UK

Physical Feature

INTERNATIONAL

Human Feature

INTERNATIONAL

Physical Feature

Find your favourite geographical human or physical feature.

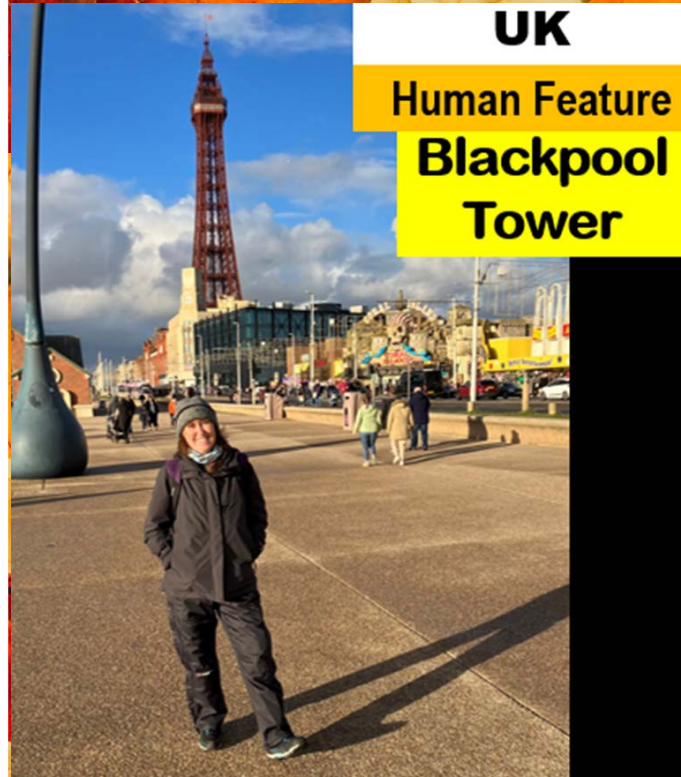
Email or tweet a photo with YOU standing in front of it.

Include:

1. LOCAL or UK or INTERNATIONAL
2. Human or Physical
3. Name of the geographical feature.

Send your entry by email:
sec@luntsheath.halton.sch.uk

OR Tweet
@lhpMrs_Mansell



UK

Human Feature
**Blackpool
Tower**





THE
Happy
Strawberry
WORKSHOP

A huge thank you to Hayley Hannam, a relative of one of our PTFA members. She has an art business called Happy Strawberry Workshop and has very kindly redesigned our school characters and our PTFA logo.

We are thrilled with how amazing they are.





Crazy Hair Day

Friday 17th November



Use your imagination and "WOW US" with your hair! (No wigs please)

Please could you give your child a voluntary donation (suggested £1) to put in a collection bucket in their classroom. As always, all funds raised will be used to the benefit of our Lunt's Heath children.

Share your 'Crazy Hair' in our Lunt's Heath PTFA Facebook group or tag us on Twitter (X) @luntsheathpta

Crazy Hair Day

Friday 17th November



£1 Donation (suggested)
to your PTFA

AUTUMN DATES

AUTUMN 2ND HALF TERM

**MONDAY 6TH NOVEMBER = SCHOOL RE-OPENS –
STAFF AND PUPILS**

**TUESDAY 7TH NOVEMBER = BEFORE SCHOOL
ARCHERY CLUB - 8AM (EXTERNAL PAID FOR CLUB)**

**WEDNESDAY 8TH NOVEMBER = CLASS 3H –
SWIMMING LESSONS**

**WEDNESDAY 8TH NOVEMBER = 9.15AM – 10.45AM –
CLASS 2H LOCAL AREA WALK (GEOGRAPHY)**

**WEDNESDAY 8TH NOVEMBER = 1.30PM – 3.00PM –
CLASS 2H LOCAL AREA WALK (GEOGRAPHY)**

**THURSDAY 9TH NOVEMBER = 1.30PM – CLASS 6H
CHRONOLOGY WORKSHOP**

**THURSDAY 9TH NOVEMBER = 2.15PM – CLASS 6L
CHRONOLOGY WORKSHOP**

**THURSDAY 9TH NOVEMBER = 12PM = CLASS 4H
CATALYST SLEEPOVER**

**FRIDAY 10TH NOVEMBER = 10.30AM = CLASS 4H
CATALYST SLEEPOVER COLLECTED BY PARENTS
FROM THE CATALYST AND TAKEN HOME BY
PARENTS)**

**FRIDAY 10TH NOVEMBER = 9.30AM = CLASS 3H
MUSLIM WORKSHOP**

**FRIDAY 10TH NOVEMBER = 10.30AM = CLASS 3L
MUSLIM WORKSHOP**

**FRIDAY 10TH NOVEMBER = 2.30PM = CLASS 6L
ASSEMBLY (PARENTS INVITED)**

MONDAY 13TH NOVEMBER = FRIENDSHIP WEEK

**TUESDAY 14TH NOVEMBER = BEFORE SCHOOL
ARCHERY CLUB - 8AM (EXTERNAL PAID FOR CLUB)**

**WEDNESDAY 15TH NOVEMBER = YEAR 6 = WESTERN
APPROACHES (WAR BUNKER) TRIP**

**WEDNESDAY 15TH NOVEMBER = CLASS 3H –
SWIMMING LESSONS**

**THURSDAY 16TH NOVEMBER = 1.30PM – CLASS 5H
CHRONOLOGY WORKSHOP**

**THURSDAY 16TH NOVEMBER = 2.15PM – CLASS 5L
CHRONOLOGY WORKSHOP**

FRIDAY 17TH NOVEMBER - PTFA CRAZY HAIR DAY

**MONDAY 20TH NOVEMBER – THURSDAY 23RD
NOVEMBER = CLASS 5H BIKEABILITY**

**TUESDAY 21ST NOVEMBER = Y1 ANIMAL MAGIC
WORKSHOP**

AUTUMN DATES

AUTUMN 2ND HALF TERM

TUESDAY 21ST NOVEMBER = BEFORE SCHOOL ARCHERY CLUB - 8AM (EXTERNAL PAID FOR CLUB)

WEDNESDAY 22ND NOVEMBER = CLASS 3H - SWIMMING LESSONS

WEDNESDAY 22ND NOVEMBER = NASAL FLU VACCINES = EYFS - Y6

THURSDAY 23RD NOVEMBER = 1.30PM - CLASS 3H CHRONOLOGY WORKSHOP

THURSDAY 23RD NOVEMBER = 2.15PM - CLASS 3L CHRONOLOGY WORKSHOP

THURSDAY 23RD NOVEMBER = 12PM = CLASS 4L CATALYST SLEEPOVER

FRIDAY 24TH NOVEMBER = 10.30AM = CLASS 4L CATALYST SLEEPOVER COLLECTED BY PARENTS FROM THE CATALYST AND TAKEN HOME BY PARENTS)

FRIDAY 24TH NOVEMBER = 2.30PM = CLASS 5L ASSEMBLY (PARENTS INVITED)

MONDAY 27TH NOVEMBER - THURSDAY 30TH NOVEMBER = CLASS 5L BIKEABILITY

TUESDAY 28TH NOVEMBER = BEFORE SCHOOL ARCHERY CLUB - 8AM (EXTERNAL PAID FOR CLUB)

TUESDAY 28TH NOVEMBER = 9.30-11AM = YEAR 5/6 REHEARSAL IN CHURCH FOR ADVENT SERVICE (CHILDREN)

TUESDAY 28TH NOVEMBER = 7PM = YEAR 5/6 ADVENT SERVICE IN CHURCH (PARENTS INVITED).

WEDNESDAY 29TH NOVEMBER = CLASS 3H - SWIMMING LESSONS

THURSDAY 30TH NOVEMBER = 1.30PM = EYFS DRESS THE TREE (PARENTS INVITED)

FRIDAY 1ST DECEMBER = CHRISTMAS JUMPER DAY

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).

AUTUMN DATES

AUTUMN 2ND HALF TERM

**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)**

THURSDAY 14TH DECEMBER = CHRISTMAS DINNER DAY

FRIDAY 15TH DECEMBER = CHRISTMAS JUMPER DAY

**FRIDAY 15TH DECEMBER = 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



As an OPAL school we aim to provide the children with more space to play and more things to play with. Developing their imaginations and problem solving skills through play.

You can always help us by donating any unwanted materials you have at home; we always need loose parts and greatly appreciate these throughout the year:

- **chalk**
- **milk crates**
- **cable rolls/wheels**
- **plastic or metal buckets**
- **kitchen utensils, pots, pans, plastic plates etc for the mud kitchen.**
- **watering cans, guttering**
- **tarpaulin**
- **go-karts**
- **scooters**
- **old bikes**
- **push chairs**

Any larger items that the children can use for den building, making obstacle courses or creative play.

If you have anything you would like to donate then please just drop this off at our school office. Please see attached booklet for further information about OPAL.

Thank you

HALF TERM SPORTS' CAMP




CHAMPION

Halloween Camp



Daily Prizes




CHAMPION

Halloween Camp

Moorfield Timetable

	Mon	Tue	Wed	Thurs
9.00	Registration Free Choose	Registration Free Choose	Registration Free Choose	Registration Free Choose
9.30	Wrap the Mummy	Catch the Witches	Skeleton Skittles	Spooky Races
10.00	Break	Break	Break	Break
10.30	Zombie Tag	Frisbee Golf	Monster Ball	Penalty Shootout
11.15	The Cube	Eyeball Handball	Cauldron Cricket	Pumpkin Dodgeball
12.00	Lunch	Lunch	Lunch	Lunch
1.00	Wizard Workout	Carnival Games	Monster Mash Disco	Football Ghost Cup
2.00	Trick or Treat	Pumpkin Bowling		
2.45 - 3.00	Home	Home	Home	Home

Single Day Booking : £20.00

4 Day Booking : £80.00

20% Discount for siblings (with one fully paying sibling)

To book please message us on 07547 190351 or on social media



HALF TERM SPORTS' CAMP



Half Term Sports Camp

Ages 7-12, 9am – 3pm

£10 per day (Half price sibling discount available)

Frank Myler Pavilion, Liverpool Road, Widnes.

Wednesday 1st November

Thursday 2nd November

Friday 3rd November

Booking is essential: payment and forms need to be filled out a week before camp starts.

To book email

jenny.zielski@halton.gov.uk

www.activehalton.co.uk



HALTON
BOROUGH COUNCIL

YEAR 6 HIGH SCHOOL APPLICATION

www.halton.gov.uk/schooladmissions

Admission to

Secondary School

September 2024

If your child is in Year 6 they are eligible to apply for Year 7 class in September 2024, and you can apply NOW:

- You must complete a preference form online at [School admissions website](#), where you will be given a receipt
- A paper copy of the preference form can also be requested from schooladmissions@halton.gov.uk or at any Halton Direct Link Office
- All **online** applicants will receive their offer of a school place electronically on the 1st March 2024
- Offer letters will be posted to applicants who submit a paper preference form on 1st March 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 31st October 2023**



Closing date for Secondary School Applications:
31st October 2023



Please take the opportunity to visit the local high schools during their open events so you can make an informed decision about which school would suit your child best.



To: Parent/Carers of all Halton residents
Year 6 pupils

School Admissions Team
Yvonne Ward 0151 5117271
Clare Fay 0151 5118601

September 2023

schooladmissions@halton.gov.uk

Dear Parent/Carer,

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

As your child is due to transfer from primary to secondary school in September 2024, we are pleased to advise that the Admission to Secondary School 2024 booklet which explains the arrangements is now available online at [School admissions website](#)

It is highly advised that you read this booklet, and then complete the online application available at [School admissions website](#). 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 schooladmissions@halton.gov.uk, or drop into one of the Halton Direct Link Offices to obtain a form or call us on the numbers above.

The timetable for Secondary School admissions is as follows:

September 2023	Admission to Secondary School booklet available online. Online applications open
31st October 2023	Closing date for receipt of preference forms and online applications
1st March 2024	Notification of outcome of preference available online, to those who applied online, and letter posted to parents of paper applicants
29th March 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 31st October 2023**. 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 transition to secondary level education 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

NEW 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 [School admissions website](http://Schooladmissionswebsite), 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 Jan 2024**



Closing date for Primary School Applications:
15th January 2024





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

School Admissions Team
Yvonne Ward 0151 5117271
Clare Fay 0151 5118601

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 [School admissions website](#)

It is highly advised that you read this booklet, and then complete the online application available at [School admissions website](#). 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
15th January 2024	Closing date for receipt of preference forms and online applications
16th April 2024	Notification of outcome of preference available online, to those who applied online, and letter posted to parents of paper applicants
16th 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

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 & Snacks	Sleep & Screens	Physical Activity & Sugar
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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

@HaltonBC Halton BC

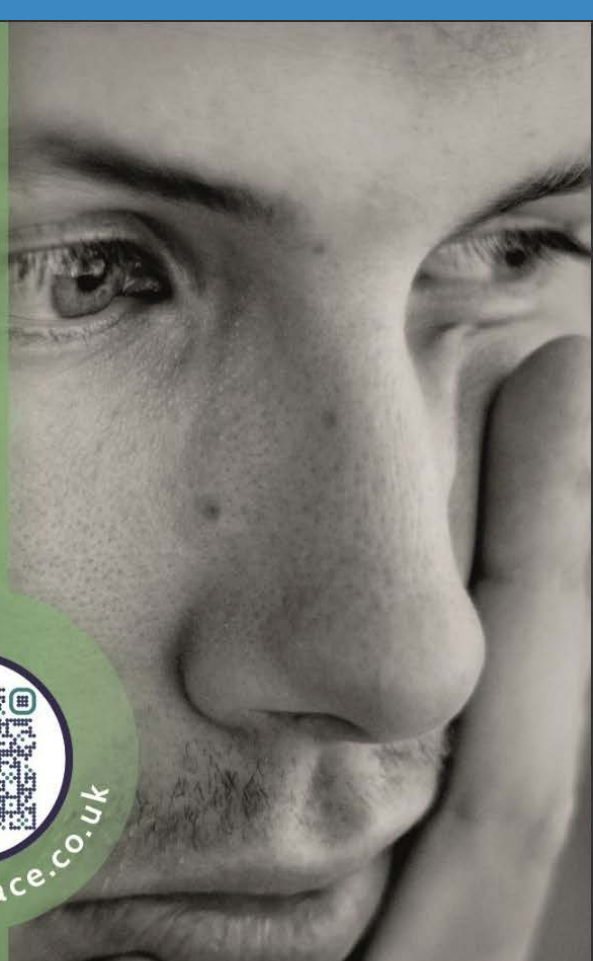


Understanding your own trauma

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:



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TOGETHER