

Friday 5th January2024

"On behalf of all of the staff and children of Lunt's Heath, I would like to take this opportunity to wish you all a very Happy New Year! It has been lovely to see the children back in school, ready to learn and have the determination to succeed again! We have a very short half term, with only 5 weeks' worth of school this time around. As ever, we are giving the children the opportunity to develop their skills and interests. Please ensure you keep up to date with all calendar events coming up.

Best of luck for 2024! "
Mr. D Paton, Headteacher.

EYFS SNACKS - SPRING TERM

We will continue to provide the children in EYFS with snacks as part of their continuous provision during the Spring Term, which will be extended to baking and cooking activities. As such, we are requesting that parents of children in EYFS contribute £6.00 via the school gateway for this provision for the whole of the Spring Term. We appreciate your support.

AFTER SCHOOL CLUBS - SPRING TERM START NEXT WEEK

After school clubs start next week and will run from the:
WB 8th January until Friday 9th February. The same clubs will restart on
Monday 19th February and will run until Friday 22nd March.
Please see information later in the Newsletter regarding the days that each individual club will run on. ALL clubs finish at 4.15pm and the children should be collected from the KS2 Playground. During the Spring 1st Half children ALL children will be required to be collected rather than use their walking pass, as it is dark at the times the clubs are dismissed. Thank you for your co-operation and understanding.

TUESDAY 9TH JANUARY - YEAR 6 TOBACCO, DRUGS AND ALCOHOL WORKSHOP

As part of their 'Animals including humans' topic the children in Year 6 will be learning about how to keep their bodies healthy. As part of their learning the children will be visited by the Halton Healthy schools team for a workshop on drugs, alcohol and tobacco education. They will sensitively discuss any new issues surrounding this objective with the children. Please complete the Evolve you have been sent to give permission for your child to participate in these workshops.

WEDNESDAY 10TH JANUARY - 4L SWIMMING

The children in Class 4L will start their swimming lessons on Wednesday 10th January. The children should come to school wearing their swimming costumes under their school outdoor PE kit. They will need to bring their underwear and towel in a separate bag to take with them to the pool. Kingsway do NOT ALLOW EARRINGS to be worn during swimming lessons so the children must not come to school with earrings in on this day. Lessons for Class 4L are: 10th, 17th, 24th, 31st January and 7th February. Please make sure you have completed the Evolve before Wednesday.

SPRING HALF TERM

Please see information in the Newsletter for the Spring Term. New PE days are included later in the newsletter. Parents have been emailed Curriculum Newsletters for the Spring Term and dates of events for the Spring Term. Please see your child's class page on the school website for further information.

OUTDOOR LEARNING - YEAR 4

This half term, the children in Year 4 will be completing their Outdoor Learning Unit as part of their PSHEE work. Therefore on the dates below we would appreciate it if the children in Year 4 came to school wearing their Outdoor PE kit. They will also require a waterproof coat. If they have wellies or shoes suitable for working in the woodland, it would be useful if they could bring these in to change into for these sessions.

The children may be working outside in the woodland in inclement weather so it is vital that they are dressed appropriately, therefore gloves and hats are recommended.

Class 4H = Thursday 11th + Thursday 18th January

Class 4H = Thursday 11th + Thursday 18th January
Class 4L = Thursday 25th January + 1st February
BOTH CLASSES = Thursday 8th February

FORTHCOMING DATES

Monday 15th January + Tuesday 16th January = EYFS and Y6 Vision and Hearing checks.

Tuesday 16th January = Year 4 Sikhism Workshop

Tuesday 16th January = Year 5 Judaism Workshop

Friday 19th January = Class 4H Assembly 2.30pm (Parents Invited)

Monday 22nd January = Year 1 = PSHEE Workshop (Parents Invited - pm)

UŅIFOŖM REQUEST

Due to the inclement weather, we have had a number of children that have fallen over in the mud this week. Unfortunately, we do not have any spare uniform remaining in school as it has been given to children - specifically trousers (girls and boys) and shirts/blouses. If you have any uniform your child has grown out of we would gratefully make use of this. Please hand it in at the school office.

LUNT'S HEATH

SPRING IST HALF TERM PEDRYS

EYFS = MONDAY (INDOOR)
FRIDAY (OUTDOOR)

YEAR 1 - WEDNESDAY (OUTDOOR)
FRIDAY (INDOOR)

YEAR 2 = TUESDAY (OUTDOOR)
THURSDAY (INDOOR)

YEAR 3 = MONDAY (OUTDOOR)
WEDNESDAY (INDOOR)

YEAR 4 = MONDAY (INDOOR)
WEDNESDAY (OUTDOOR)
WEDNESDAY = 4L SWIMMING

YEAR 5 = WEDNESDAY (INDOOR)
FRIDAY (OUTDOOR)

YEAR 6 = TUESDAY (INDOOR)
THURSDAY (OUTDOOR)

UNT'S HEATH



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 – Spring Term

During Spring 1st Half Term after school clubs will run from the week beginning Monday 8th January up until and including the week commencing 5th February. The same clubs will continue into the Spring 2nd Half Term, running from Monday 19th February up until and including the week commencing 18th March.

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 with the exception of the Year 6 revision club, which has no limit. Children in Year 6 can attend the revision club and a second club of their choice.

Monday and Thursday's dance club is by invitation only with the invited pupils already being informed on a separate letter.

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. For the outdoor adventure club if you wish for your child to wear wellies, please bring them in.

The clubs will go live to book 6pm on Wednesday 13th December, Each child can only pick one club (If booking a paid club/ Year 6 revision 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 on Monday 18th December at 6pm.

The clubs available are:

KS1

KS1 Comic book creation - Monday

KS1 Boardgames – Wednesday

KS1 Outdoor adventure & OPAL – Thursday

Year 3/4

Dance (Lunt's Heath Lightning Bolts)- Monday (invited club)

Year 3 and 4 Photography– Monday

Year 3 and 4 Tennis- Wednesday

Dance (Lunt's Heath Legends) - Thursday (invited club)

KS2 Coding- Thursday

Year 3 and 4 Disney Club- Thursday (Disney animation drawing, movie analysis, theme park creation)

Year 5/6

Dance (Lunt's Heath Lightning Bolts)- Monday (invited club) Year 5 and 6 Podcast – Monday Year 6 Revision - Wednesday Dance (Lunt's Heath Legends) - Thursday (invited club) KS2 Coding - Thursday Year 5 and 6 Netball - 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 Monday 18th December.

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

LUNT'S HEATH'S



WE ARE DELIGHTED TO ANNOUNCE THE RETURN OF LUNT'S HEATH HAS GOT TALENT, 2024!

WE WELCOME ALL TALENTS, FROM SINGING, DANCE ROUTINES, PLAYING AN INSTRUMENT, COMEDY, MAGIC, SHOWING OFF FOOTBALL SKILLS OR ANYTHING THAT WILL WOW THE CLASS!
THESE CAN BE SOLO, DUET OR GROUP ACTS.

AUDITIONS ARE TO TAKE PLACE IN CLASS DURING THE WEEK OF 15TH JANUARY AND ONE CHILD PER CLASS WILL BE CHOSEN AS A FINALIST AT THE END OF THE WEEK. AUDITIONS SHOULD LAST A MAXIMUM OF 3 MINUTES.

IF YOUR CHILD HAS BEEN CHOSEN FOR THE FINAL, THEY WILL PERFORM IN OUR LUNT'S HEATH HAS GOT TALENT SHOW ON THE EVENING OF WEDNESDAY 7TH FEBRUARY FROM 5PM ONWARDS.

WE ARE VERY EXCITED AND ARE LOOKING FORWARD TO SEEING SOME AMAZING ACTS!

LUNT'S HEATH School Dinner Menu

Please find below the School Dinner Menu for the Spring 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 8.1.24

		Week 2
Monday	Main	Pork & Carrot Meatballs (x4) served with herby potatoes Vegan Sausage Roll oserved with herby potatoes
Wo	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
Tues	Side	Sweetcorn & Peas, Salad Bar
	Dessert	Fruit Flapjack, Fresh Fruit
dnesday	Main	Roast Gammon Dinner with Pineapple, Roast/Mash Potatoes & Gravy Quorn Sausage © served with Stuffing Balls, Roast/Mash Potatoes & Gravy
Wedne	Side	Carrots & Broccoli
	Dessert	Fruit Muffin, Fresh Fruit Mix
Thursday	Main	Deli Day selection of filled Wraps & Sandwiches served with oven baked potato wedges Filled Jacket Potatoes served with a side salad
F	Side	Salad Bar
	Dessert	Melting Moment & Wedge of Fruit, Fresh Fruit
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
		Week 2
	ī	

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



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.



MEANS SPACE CAMP

Year 5 will have the opportunity linked to their current Space topic to have a Space Camp sleepover in the school hall on Thursday 14th March - Friday 15th March (Class 5H) OR Thursday 21st March - Friday 22nd March (5L). Both classes will have a planetarium experience on Thursday 14th March. Space Camp is a programme of residential experiences run by the school to immerse pupils in the amazing world of Space Science.

The children will come to school on the Thursday of their space camp and have a space themed day with their class teacher completing a range of different activities. The children will be given a pre-ordered McDonald's for their evening meal. The children then participate in a range of activities over the evening always including night sky observations, a science workshop, a creative workshop with some physical astronaut training and end their evening with a space cinema event. The children then enjoy hot chocolate and marshmallows before tucking up for the night. It is a very busy evening and they will hopefully fall asleep very quickly.

In the morning the children will be given breakfast before continuing their Space learning with more Space themed learning activities.







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

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 = 95.2%

EYFS + KS1 Winners = 1L – Mrs Worthington – 100%

KS2 Winners = 3H - Miss McLindon - 96.4%

LUNCHTIME STARS

EYFS = Dylan Gregson

YEAR 1 = George Francis

YEAR 2 = Hamza Zeinah

YEAR 3 = Rose Irving

YEAR 4 = Henri Coady

YEAR 5 = Dana Elsayed

YEAR 6 = Isla Grady



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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:



Hugo for showing Collaboration, Understanding and Enterprise

Hugo enjoyed volunteering with the Cronton Gala, helping Santa and the elves to raise money for charity while giving out gifts to children.

Lucas for Ambition, Enterprise, Inner-Resilience, Collaboration and Understanding.

Lucas recently went to Robinwood with school but his martial arts belt promotion test was also the same weekend. Instead of choosing one activity, Lucas chose to do both as he did not want to let his martial arts team or school friends down. He showed great determination and a positivity in order to obtain his red belt.

He passed his belt test and was promoted with his new belt.

Lucas trains 3 to 4 times a week after school consistently and he always puts in 100% effort. He has done this since he was 7 years old. This year he gained the UK championship title, as well as being the silver medallist at the European Championships and also the Spanish championships. Lucas has also shown great maturity this year at all competitions and has stepped up as a 'captain' to help others. This is a young boy who works so very, very

hard. We are so proud of you Lucas, "A black

belt is a white belt that never gave up "





HEADTEACHER AWARDS

EYFS and Key Stage 1 = Joshua Gregson - For sharing his fantastic Mathematics work this week!

Key Stage 2 = Halle Flynn - For fantastic work in Literacy this term, developing her explanations and justifying her responses.

EYFS + KEY STAGE 1

Class	Name of child	Reason for award
RL	Ed Shiland-Finnigan	Curriculum – For always trying his best to problem solve in Maths.
	Ralph Jones	Ambition – For trying so hard with his letter formation.
RH	Annie Whitfield	Curriculum – For fabulous progress in Phonics.
	Jake Troy	Ambition – For working hard in all areas during his first week back in school.
1L	William Gorry	Curriculum – For showing an amazing effort in your Math's lessons and sharing how to make a total.
	Ayda Griffin	Ambition – For always being ambitious and wanting to do your best.
1H	Jenson Knight	Curriculum – For navigating book creator so well during computing. I loved your mini-beast design!
	George Francis	Ambition – For always getting involved and trying your very best during our Phonics lessons!
2L	Isabel Deller	Curriculum – For always trying her very best in everything that she does.
	Thomas Latham	Ambition – For showing ambition to complete his challenge in grammar writing sentences with conjunctions.
2H	Finley Thewlis	Curriculum – For his excellent use of an atlas in Geography locating
		the continents and surrounding seas.
	Olivia Hughes	Ambition – For having such a positive and determined attitude to do her best all week.

YEAR 3 AND 4

Class	Name of child	Reason for award
3L	Rose Connolly	Curriculum – Really impressed with her work attitude and focus in
		Maths. Keep this up!
	Arthur Fox	Ambition – For some really deep and thoughtful questions to ask
		during our history topic on Ancient Greeks.
3H	Jasmine Hill	Curriculum – Focusing on slowing herself down to help her take
		care with presentation and sentence structure.
	Neave Street	Ambition – For starting the new year determined to be her best self
		in every lesson!
4L	Charlotte Tomlinson	Curriculum — For coming up with some amazing onomatopoeic
		sentences for her poem in English!
	Landon Owens	Ambition – For creating a beautifully presented bar graph in Maths
		by always using his pencil and ruler!
4H	Sarah Zeinah	Curriculum – For offering great ideas for our shared write in
		English.
	Holly Peacock	Ambition – For asking how she can improve her writing so she can
		achieve her pen license.

YEAR 5 AND 6

Class	Name of child	Reason for award
5L	Ember Armstrong	Curriculum - For exploring different ways to solve a problem in
		Maths and explaining her reasoning.
	Luke Jackson	Ambition - For being ambitious with the choice of vocabulary in his
		writing to improve his work further.
5H	Oliver Keating	Curriculum – For explaining the use of determiners and gender
		when classifying curriculum subjects in French.
	Erin Davies	Ambition – For identifying and explaining to the class other ways
		to solve a calculation.
6L	Isaac King	Curriculum – Isaac enjoys taking part in lessons and always plays
		an active role. Keep up the hard work!
	Ruby Hart	Ambition – Ruby always does her very best to push and challenge
		herself further showing great ambition and drive.
6H	Evie Jones	Curriculum – For being a kind and caring friend; always checking in
		making everyone is feeling okay.
	Hengrui Xu	Ambition – For showing ambition to push himself every lesson to
		complete his challenges.



Wow what a busy first three days we have had back in school! The children have settled back into their routines well and we have enjoyed hearing about their Christmas holidays. We look forward to continuing to offer the children snack during the day this half term. If you haven't already we would appreciate a contribution of £6 for the Spring Term made via the school gateway.

Mathematics

In Maths we have been learning about zero and how it is represented.

We have learnt about more and fewer and the children were keen to start

their new Maths journals.

Topic Work

We have enjoyed exploring signs of Winter and how the season has changed from Autumn. The children are keen explorers and especially when we have been outside exploring the changes of the trees.













Drawing Club

In Drawing Club the children have been enthralled in the animation 'Pop Eye' this week, drawing the character, setting and adventure.

Phonics

This week the children have moved into smaller Phonics groups where they will be working on their next steps on their journey of learning to read.

Your child's Phonics teacher will have posted a little update on Tapestry of how you can support your child with their reading at home. We love to hear how they are getting on at home so please do leave a comment in their yellow reading diaries each time you read with them at home. Please use the following link to access more information and resources about our Phonics programme, Read Write Inc:

https://home.oxfordowl.co.uk/reading/reading-schemes | oxford-levels/read-write-inc-phonics-guide/

On this page there are links to videos which demonstrate how to pronounce the sounds and also how to support your child with blending the sounds to read the word.

We look forward to our learning next week where we will focus on Lunar

New Year. Have a great weekend!

EYFS Team

MEAR 1 - 2 AWARDS

Spelling Shed Champion bily Symons

Maths Shed Champion
Sienna Hughes

<u>Dojo Champion</u>

George Francis and Penelope Lowe

<u>Spelling Shed Champion</u> Sami Elsayed

Maths Shed Champion
Kayleigh Lucidarme

<u>Dojo Champion</u> Aadhana Ahilan

WEARS & 6 AWARDS

Spelling Shed Champion
Grace Gregson

Maths Shed Champion
Grace Gregson

<u>Dojo Champion</u> Adam Reed

THIS WEEK COOKIE (NTCHUP

On Wednesday, the PTFA decided it would be nice for the children to have the opportunity to catch up with their friends when they returned after half term to ease them into the new year. They provided biscuits for their 'Cookie Catch up'.



THIS WEEK COOKIE CATCHUP





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> 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
- 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. <u>Deadline is 15th</u> <u>Jan 2024</u>



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

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





