



Healthy Schools News

October 2023



A massive THANK YOU to everyone who came to our first Celebration Event at The Edge on the 10th October. We are beyond proud of the children that showcased the great wellbeing work they are doing in school, they were so inspiring. A massive thank you too to the teachers who are implementing these pieces of work on top of everything else. We

know it isn't easy, but these programmes really make a difference to the children and the community. We hope you found it useful hearing and meeting with our local services and made some good connections.

If you would like any further information about anything you heard about please contact us. We are already planning next years event and can't wait to see you all there 😊



Unblocktober is a month-long national campaign and awareness month to improve the health of our drains, sewers, watercourses and seas – driven completely by you!

Did you know...



By committing to improve your drainage habits for the 31 days of October and beyond, you will be making an important contribution to combating environmental pollution and avoiding costly damage to our drains and sewers.

All we want is for you, your family and friends, to commit to stop pouring or flushing any of the items below down the drains or into the toilet, for the whole month of October:



Why not download a copy of the Unblocktober calendar and update us on your progress through the month, all submissions will be entered into a draw for a prize!

For more information contact networkmanagement@wigan.gov.uk or search on the Council webpage for Unblocktober.

Walk to School Month

October is International Walk to School Month, when pupils around the globe celebrate the benefits of walking and wheeling to school.

Whether you're looking for ways for your school to get involved or for free fun activities to do with your children on the journey to school, [Living Streets have got you covered.](#)

At the Youth Climate Event and the Healthy Schools Celebration Event we heard how spending time outside has an enormous positive impact on everyone's emotional wellbeing .

The Wildlife Trust has some quick and easy ideas to update your playgrounds/outside areas for teachers and the pupils. We love the [How to build a pond](#) idea.

Wigan Healthy Schools

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



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



Communication - Monthly School & Parent Healthy schools news. More sessions and resources available on [Be Wigan | Services for Schools](#)



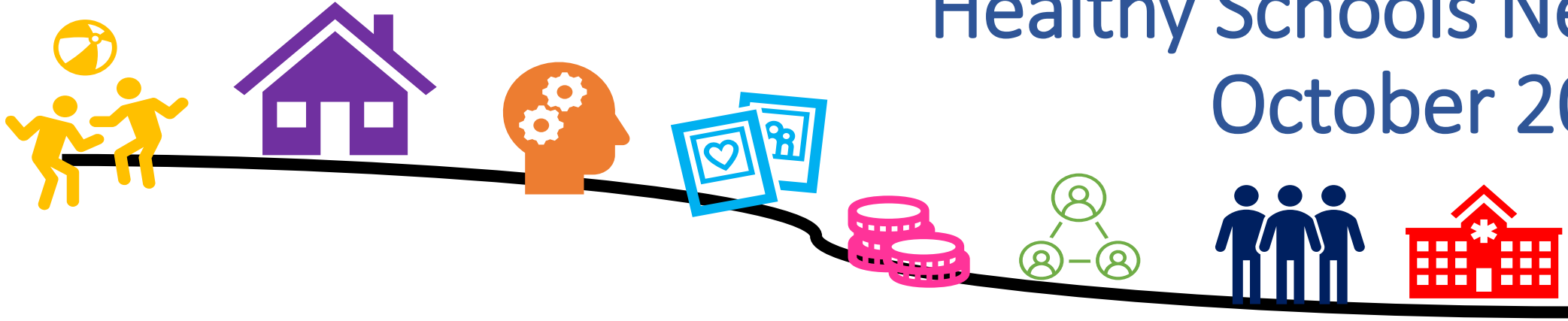
Annual celebration TBC October 2024, we are excited already!

Share content and outcomes with parents through your social media networks

Book your conversation with us today!

How to contact us: Healthy Schools Team healthyschools@wigan.gov.uk

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We're pleased to announce that Transport for Greater Manchester have recently announced a new cycle parking grant, where organisations, including Schools can apply for up to £15k towards the provision of cycle parking. The grant can be used by organisations to install cycle parking that will be available for use by anyone travelling to that location by bicycle, including but not limited to staff, pupils, residents, patients and visitors.

For further information and to apply visit [Community Cycle Parking Grants | TfGM Bee Active](#).

If you require support completing your application please contact majorprojects@wigan.gov.uk.

Healthy Schools are offering all schools the opportunity to hold a coffee morning for your parents/carers/grandparents with some of our amazing health and wellbeing providers. We are able to tailor the services invite list to your school community priorities, services include; Be Well, We Are With You, School Nurses, DIAS, Well Women, Kooth/Quell.



To date we have delivered them at Lowton West Primary, Orrell Newfold Primary and St Williams Primary with really positive feedback from those that attended and the school.

Modeshift STARS School Travel Plans – Road Safety and Active Travel Team

MASSIVE CONGRATULATIONS to **Abram St John's** and **St Mary's Platt Bridge** for achieving 'Very Good' accreditation for their School Travel Plans.

Wigan is the only local authority in Greater Manchester who currently has any school at the "Very Good" level of accreditation for school travel plans, and we currently have two of them!

To get 'Very Good,' schools have to take part for 5 years and show they have had a reduction in car usage.

For further information about your school Travel Plan please contact

Own the Ride

FREE one-and-a-half-day course bike riding training aimed at **key stage 3** students.

As well as focussing on the skills required to ride to and from school, Own the Ride will encourage students to think about the bigger picture of active and sustainable travel and the mindset for increased physical activity.

The courses are **free** to participating schools, funded by TfGM.

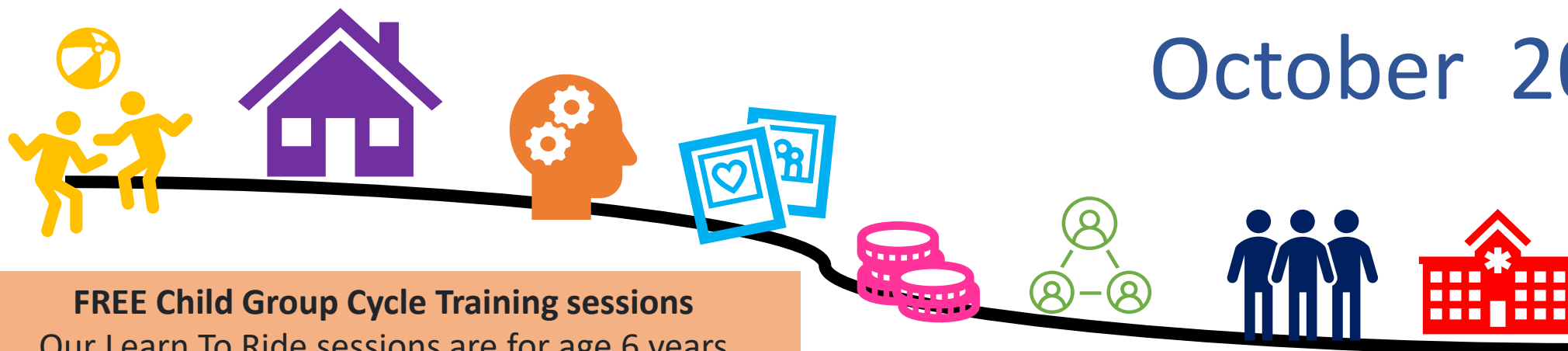
To participate in Own the Ride get in touch with the team at BikeRight! on 0161 230 7007 or email info@bikeright.co.uk

[FREE Every Mind Matters mental wellbeing lesson plans](#) for primary and secondary schools providing simple and practical advice for a healthy mind. Topics include; sleep, self care, relationships, social media, exam stress.



Healthy School News for parents & carers

October 2023



FREE Child Group Cycle Training sessions

Our Learn To Ride sessions are for age 6 years upwards.

All training is in small, friendly groups of 6 children and 2 qualified instructors. To sign up to a local course visit [Child Group Cycle Training \(bikeright.co.uk\)](http://bikeright.co.uk)

Courses available in the Wigan Borough include:
Saturday 21st October – Leigh Youth Hub
Saturday 25th November – Leigh Youth Hub

NHS

We are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes brings up difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. Please remember a prolonged period of absence is likely to heighten their children's anxiety about attending in the future, rather than reduce it.

Speak to your school or School Nurse for information about supporting your child to attend school.

Uptake of the MMR vaccine has been steadily decreasing in the UK for the last few years. This year, there has been a rise in the number of Measles cases. We are asking people to be alert to signs and symptoms and ensure that they or their children have received two doses of the MMR vaccination. Being vaccinated is the best protection against Measles.

Measles is highly contagious and can lead to further complications for those at risk and the elderly.

Measles symptoms to be aware of include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms.

Anyone with symptoms that could be Measles is advised to stay at home and phone their GP or NHS 111 for advice, rather than visiting the surgery or A&E. The free MMR vaccine is a safe and effective way of protecting against Measles, as well as mumps and rubella.

For more information about Measles click [here](#) or contact your doctor for vaccinations.

Free Car Seat Safety event at Wigan Tesco on 22nd November 2023, 10am-3pm in partnership with Good Egg Car Seat Safety. A car seat expert checks your car seat is fitted to your car correctly and the child is fitted in the seat correctly. You can also receive some road safety information and resources to take away with you.

Join our fostering community



Andrea

When you become a foster carer, you become part of an extended family, which is really nice.

We've kept in touch with many of the children we've looked after over the years and it's great to be able to offer support to so many local families.

Rachel & Paul

Seeing the children's development is the best part.

When you get to see the positive changes in them, it makes the harder parts worth it.

To anyone interested in becoming a foster carer, we'd say: "just have a go".

You can always start by caring for children on a short-term basis and see how you get on.

We've found it gets easier and you get better at it as time goes on.



Wigan Council | **Foster For Wigan**
Local people supporting local families

Whether you're ready to start the fostering journey, want to find out more information or know someone you think would make a good foster carer, it's never too early to see how fostering can fit around other commitments in your life.

www.wigan.gov.uk/fostering | 01942 487200

Here for You

Feeling the pressure of rising costs?
It's hard to know where to turn.
We're here to point you in the right direction.

Wigan Council

