



Book your conversation with us today!

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

Emotionally Friendly Schools

During Mental Health Awareness Week members of the Emotionally Friendly Schools panel visited some of our EFS Bronze accredited settings to carry out a celebration assembly. We visited Sacred Heart Catholic Primary School Leigh, Golborne High School, and St Marie's Catholic Primary School



The Educational Psychology Service (EPS) is running a Microsoft Teams session about Emotionally Friendly Schools (EFS) Accreditation on 28.06.23, 15:30-16:30. This session will describe the accreditation process and offer some hints and tips regarding collecting evidence towards accreditation. It will be targeted at schools with some existing knowledge of EFS, so if you would like to know more about the programme before attending the session, please take a look at the website:

[Home | Emotionally Friendly Settings](#)

Please contact EPS admin (EP_admin@wigan.gov.uk) and they can send you an invitation.

kooth



To celebrate Pride month Kooth and Qwell are providing free diversity training for those who work with children and young people. Click [here](#) to book on

National School Sports Week, is

back for 2023, running from Monday 19th to the 25th June.

This year, we're aiming to ensure that all children in the UK are active for the Chief Medical Officer's recommended minimum of 60 minutes a day.

And we need your help to achieve this goal.

[Pledge to Play](#)

Contact Healthy Schools for support with ideas to encourage active play at playtimes for all children.

Nominations are now open for the **Believe in Sports Award**

Once again there are eight categories for this year's event: (Links to nominate are on each award below and link to Microsoft Forms)

[Changing Lifestyle Award \(external link\)](#)

[Inclusion in Sport Award](#)

[Club of the Year Award](#)

[Sporting Challenge Award](#)

[The Martin Lynn Team of the Year Award](#)

[Unsung Hero in Sport Award](#)

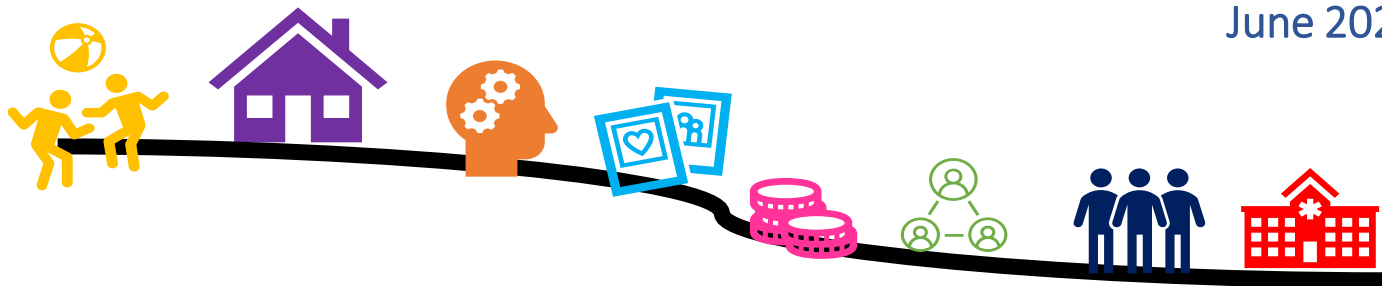
[Volunteer of the Year Award](#)

[Young Sports Achiever of the Year Award](#)



Healthy Schools News

June 2023



Your school is invited to 2023 Wigan Healthy Schools Celebration Event

This event celebrates the fantastic health & wellbeing work Wigan schools have been doing. This is a chance to celebrate together, share your work and hear from the children in your schools.

5th July 9:30- 12:30
The Edge
Riveredge, Wigan WN3 5AB

We would love for a school family (two teachers & two children) to attend.

Please RSVP to healthyschools@wigan.gov.uk by 23rd June

Places are limited to 2 pupils and 1-2 members of staff per school*. Please tell us: The names of pupils and teachers who will be attending
Any known food allergies for those attending.

We are keen to hear from schools who want to present their work please contact us by **Tuesday 13th June**

* If you have been allocated a slot to present at the event, you will be allocated additional spaces, just let us know how many pupils and additional teachers you will be bringing.



NSPCC



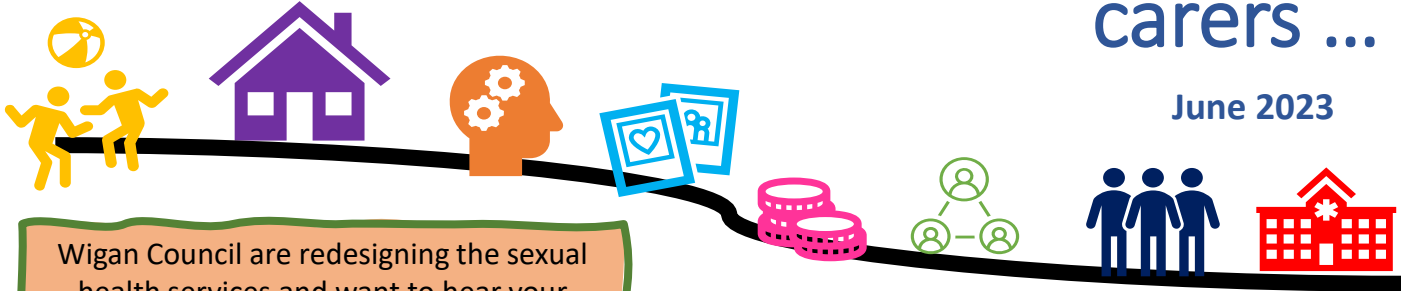
**we are
withyou**



Healthy School News for parents &

carers ...

June 2023



Wigan Council are redesigning the sexual health services and want to hear your views, experiences, and ideas about how we can continue to make improvements and ensure that the sexual health offer in the Borough is easy to access, meets resident's needs, and provides value for money

[Sexual health services consultation \(wigan.gov.uk\)](https://www.wigan.gov.uk)

Uptake of the MMR has been steadily decreasing and Measles is now on the rise in the UK. The risk to the UK population remains low, but 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

Measles is highly contagious and can lead to complications such as ear infections, pneumonia, and inflammation of the brain which require hospitalisation and on rare occasions can lead to long term disability or death.

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, see the nhs.uk website [here](https://www.nhs.uk).



kooth

To celebrate Pride month Kooth and Qwell are providing free [How to be a good ally to your LGBTQ child](#) online training on the 28th

June 18:30- 19:30.

Click [here](#) to book on.

Is your child school ready?

School readiness has three layers:

Ready children –prepared for learning and development

Ready families – positive about learning, creating opportunities for your child's early learning and development at home and at school

Ready schools - quality education and learning environments that are child friendly and flexible to your child's needs

You can help your child get ready for school by:

- Practising counting, saying letters, identifying shapes and colours
- Providing regular bedtime and meal-time routines
- Opportunities for play – with you and with other children
- Developing your child's independence when using the toilet, hand washing and dress

Contact your Health Visitor to discuss School Readiness prior to your child starting school. They can be contacted on their **Duty Telephone Number: 0300 707 12**