

# Healthy Start Healthy Future



Public Health Annual Report  
2023/24

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## Foreword



**Dr Ifeoma Onyia,**  
**Director of Public Health**

Every year the Director of Public Health is required to write a free and independent Public Health Annual Report. The report can cover a full range of what the public health team do, or it can highlight a particular service area. This year I have chosen to focus on the Halton Healthy School Award.

In all our lives, the directions we take will have their roots in our early childhood. The experiences and interactions, education and other opportunities for learning are some of the most important building blocks of lifelong health. In order to help create a supportive environment in which Halton's children and young people can excel and achieve their best, the public health team works alongside the school and some very inspiring young people to deliver the healthy school programme that will create a positive health change. We know that healthy actions sustained over time improve both well-being as well as physical health in the long term.

It is no accident that we say that children are our future, so work to support and improve children's and young people's health is crucial. This report details some of the work done in a number of schools supported by a small and dedicated number

of staff from the public health team. My intention is to increase understanding amongst the public, community and voluntary sector partners about the benefits of doing such work and where there are opportunities to reach wider; and I hope to identify more organisations with which we can work.

The data and evidence that informs our work tells us that it's now even more important to act. Many of the health indicators for children and young people need to improve to give every child the best start in life. We also know that if we want to make a difference to long term health in Halton, we need to start early, sustaining the work from the early years. The report provides examples of activity designed and led in the various schools alongside partners with our support on topics as diverse as vaping on school grounds, peer led health messaging, role modelling to parents around healthy food and physical activity, five ways to well-being and an intergenerational approach to reducing loneliness.

It is important to also highlight that public health delivers activity that cuts across all ages and in many different settings. Further information can be found on the public health sections of the Halton Borough Council Website, [halton.gov.uk](https://www.halton.gov.uk). It's my intention to highlight more information about our team and the range of services that are available as we move to a new way of sharing this work online.



# Director of Public Health reports on progress on priorities from 2022-2023 report

## 1 Additional support and investment in children's mental health from all partners.

Mental health, well-being and self-harm are strategic priorities for the 'One Halton' partnership. Mersey Care provide mental health support teams in 45 primary and secondary schools and we are working to encourage teenage males to engage with mental health services.

Public Health continued to fund Child Bereavement UK, bereavement support for children, young people and anyone bereaved due to the death of a child, and the NHS provided an additional funding for bereavement awareness training. We are also developing guidance to help schools to respond to suicide attempt disclosures.

Children's services through educational psychology are now delivering narrative therapy and problem-solving approaches with children and young people identified through schools. Family hubs have also developed a child mental health offer, including systemic family practitioners to support difficult family issues.

## 2 Every time a person has a health visit they should have their weight measured and be asked about smoking and how much alcohol they drink. If they need help with any of these, they should be signposted to the Health Improvement Team.

We have introduced a new system that links with the GP practice database and identifies anyone who needs further advice following an NHS health check. Following their NHS Health check 1,271 patients out of 4,242 patients were referred onto services to support healthier lifestyle changes.

## 3 The delivery of NHS Health Checks should increase to ensure that all eligible people in Halton get an offer.

The team have achieved the national target of 20% of the total eligible population being invited for an NHS Health Check (NHSHC). In 2023 37% of patients invited chose to attend their health check, this increased in 2023/24 to 55%, with 8,369 patients being invited and 4,242 patients receiving their check.

Halton NHS Health Check Service has prioritised tackling health inequalities and achieved some key milestones, including:

- To date 100% of ethnic minorities who are eligible for an NHSHC have received an invitation. Accounting for 6.4% of all NHSHC's completed in Halton.
- 53% of completed health checks are for people living in the lowest income areas, where uptake in these areas previously was the lowest.
- We have improved uptake of health checks in people of working age.

## 4 Raise the profile of Sure Start to Later Life so that more people are aware of the benefits of the program.

This has not progressed as far as we would have liked to see, there have been some changes in the team and there is now a new lead in post who will take on this task. The team continue to receive positive feedback about the service and it's our expectation that greater outreach is achieved over the coming year.

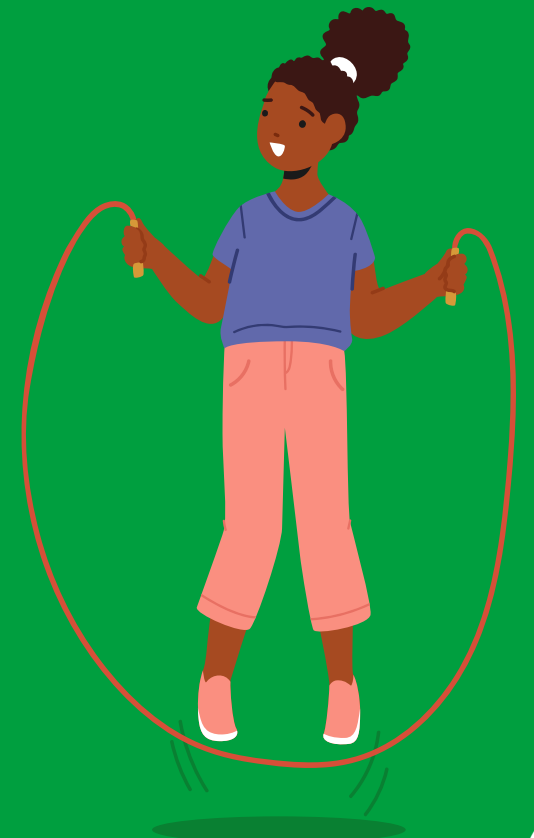
## 5 All policies should systematically and explicitly take into account health when decisions are made, specifically to close the inequality gap.

Much progress has been made in terms of working with partners to highlight how health can be impacted by wider decisions. We led a Health Scrutiny review of Health Inequalities in the borough, and were able to take part in discussions about the new corporate policies where health has been identified as a priority and so has the need to address inequality and helping those most in need. These are still very new and the intention is to continue to work across the council to embed a health in all policies approach.



*"I believe that all children in Halton deserve to have every opportunity to grow up healthily. This year's Public Health Annual Report examines the work done in schools by the children, the teachers, the public health Healthy Schools' Team and wider partners to develop plans to improve health. The examples in the report are just a few of the many innovative ways in which our children in Halton are ensuring that they take advantage of the opportunities provided. I want to see Halton being the best place where children can be born, live and grow up in – where their health supports them in achieving their hopes and dreams. I recommend this report to you."*

Councillor Marie Wright







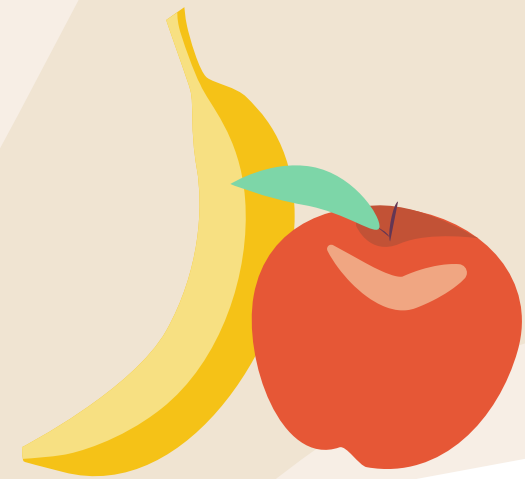
Working closely with our health colleagues across Halton, we are committed to giving all of our children and young people the best possible healthy start to their lives. I am really pleased that this report is highlighting the fantastic work that is being done in our local schools. Given the time, resources and encouragement, children embrace healthy habits quicker than adults, the results can last a lifetime and they influence those around them to be healthier. We really should be taking their lead much more.

**Zoe Fearon**  
Executive Director of Children's Services



I would like to thank all of the children and young people who have contributed to this report. Their photos, quotes and examples of great initiatives makes for interesting reading. One of our strengths in Halton is the people and this report shows what can be achieved by our children, young people and their families supported by professionals including teachers, social care and health staff who all work closely together behind the scenes. Thank you and well done to you all.

**Councillor Tom McInerney**  
Portfolio Holder for Children,  
Education and Social Care





# Children's health in Halton

We know that growing up in Halton can be tough. Halton is a relatively deprived borough, being the 23rd most deprived out of 317 districts in England. Life expectancy for men and women is lower than the national average, and the difference in life expectancy between the most and least affluent wards is 13.7 years for men and 9.3 years for women.

- Life expectancy at birth is statistically lower than the national and regional averages. A healthy and disability-free life expectancy are also lower.
- Almost 1 in 5 children under 16 are living in relative poverty in Halton. This proportion has increased locally and nationally in recent years.
- For most health-related indicators, Halton fares worse than the North West region and England, including early booking for maternity care, smoking at time of delivery, obesity during pregnancy and child obesity, breast feeding, hospital admissions due to gastroenteritis in infants (under age 1), respiratory tract infections, and some vaccination and immunisation uptake.
- Fewer Halton children receive early developmental checks - up to and including the checks for children aged 2 to 2½
- Whilst a higher proportion of 2 to 2½ year checks achieve a good level of development, lower proportions achieve a good level of development by end of reception year. However, there has been substantial improvement locally and the gap between Halton and England has narrowed.
- The last 10 years has seen fewer young people being admitted to hospital with alcohol-specific causes. However, rates remain above the England average.
- Hospital A&E admissions due to injuries are a significant problem, a leading cause of A&E attendance and the top cause of emergency admissions. Rates are statistically above England but the gap has narrowed as rates have fallen.
- Halton has higher levels of Special Educational Needs (SEN). Speech, Language and Communication problems as well as social, emotional and mental health problems are the top reasons.
- Educational attainment overall is lower than comparators.

*Early childhood is a critical time for development of later life outcomes, including health. Evidence shows that positive experiences early in life are closely associated with better performance at school, better social and emotional development, improved work outcomes, higher income and better lifelong health, including longer life expectancy.*

**(The Marmot Review 10 Years On)**

*In recognition of the importance of this window of opportunity in our children and young people's lives, Halton Borough Council's Healthy Schools Programme works with schools and colleges to help create a healthy school environment that builds lifelong health-enhancing habits.*



# Healthy Schools Programme

## What is Halton Healthy Schools?

Halton Healthy Schools Award is a whole-school approach to physical, social, and emotional health and well-being. Schools are encouraged to adopt an holistic approach to health and well-being; integrating health and well-being in to policies and practice for pupils, staff and the entire school community.

This report focuses on the impact of empowered young people who have embraced key messages from the Personal, Social and Health Education (PSHE) curriculum, who are inspired to promote change within their school community.

## What are the benefits of healthy schools?

Empowering young people with essential life skills through health education contributes to a healthier population and better healthcare outcomes. By shaping healthier behaviours, preventing risky choices and enhancing overall well-being, health education can lead to long-term savings in health and social care costs. When schools adopt whole-school approaches to health and well-being, children can naturally develop healthier habits.

The health priorities schools choose often include smoking, obesity and mental health. Most adult smokers began smoking before age 18. A smoker who started young is even more likely than a smoker who started at an older age to become ill or die from it (ASH, 2024). School-based smoking prevention and alcohol awareness education, and staff training, are part of the Tobacco Control Plan and Alcohol Strategies for Halton.

Childhood obesity often persists into adulthood. Encouraging healthy behaviours during childhood, along with whole-school approaches to nutrition and physical activity, help to address the rise of childhood obesity in Halton.

One in ten children aged 5-16 years has a clinically diagnosable mental health problem and, of adults with long-term mental health problems, half will have experienced their first symptoms before the age of 14. Failure to address the mental health needs of children can have a devastating impact on their future. By using the 5 ways to wellbeing children are encouraged to actively look after their mental health.

## What does healthy schools involve?

All Halton schools can participate by signing up for an annual visit. The programme offers an enhancement to PSHE for pupils through workshops, assemblies, parental engagement, staff training, policy implementation support, self-assessment tools, and referral to external organisations. It complements mandatory PSHE delivery by providing additional expertise, specialised resources and local support. The Healthy Schools Programme collaborates with partners from the Local Authority, NHS, and the Voluntary, Community and Social Enterprise (VCSE) Sector, serving as a conduit for comprehensive health and well-being support in schools.

## Benefits of partnership working

Direct engagement with school leadership allows partner organisations to deliver workshops and assemblies across the majority of primary schools in Halton. Examples of this in practice include; Beacon Counselling Trust, focusing on gambling-related harms, have seen significant engagement by Halton schools (58% of primary schools), compared to neighbouring areas, with the partnership playing a key role. Over 20% of the UK population experiences gambling-related harms, affecting up to 1.4 million adults directly. These workshops are invaluable for educating young people to recognise the issues, so they are able to make safer, more informed choices about gambling, and know where to access support.

The collaboration between NSPCC and Healthy Schools has been instrumental in reaching a higher proportion of primary schools in Halton (86%) over the last 2 years. Utilising existing connections has enabled us to close the gap to support NSPCC with their aim of reaching all young people during primary school with key messages about recognising abuse and sourcing help. They aim to deliver workshops and assemblies to every primary school child in Halton, and are thrilled to have reached the vast majority so far. We aim to continue to support the push for 100% engagement.

## Healthy Schools partners in 2023-24:





# Key achievements 2023-24

57 out of  
66 schools  
have engaged with the  
Healthy Schools programme  
in 2023-24 (86% of schools)

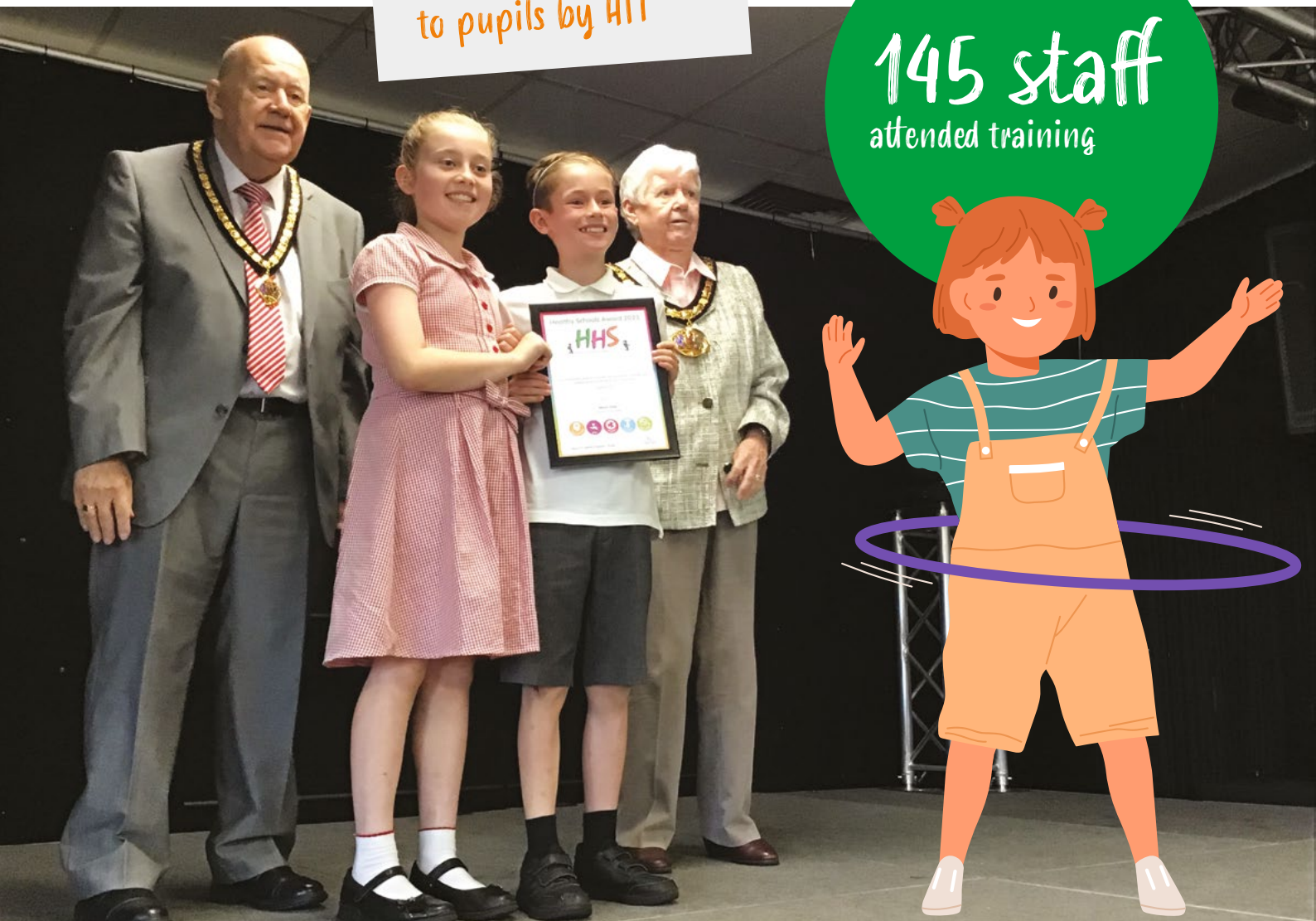
295  
Sessions delivered  
by partner  
organisations

42  
Parent workshops  
delivered at  
schools or online

10  
Schools completing  
MHARS framework

189  
Workshops delivered  
to pupils by HIT

145 staff  
attended training



## CASE STUDY

# Windmill Hill Primary School (obesity)

\* Reception prevalence  
of obesity 2022/23  
**11.6% (Halton)**

\* Year 6 prevalence  
of obesity 2022/23  
**28.0% (Halton)**

### The local picture

Childhood obesity rates in Halton exceed both the England and North West figures for Reception and Year 6. The school nursing team have been measuring obesity in reception and year 6 children since 2006. In the past decade, obesity rates among reception-aged children have remained relatively stable. However, there has been a noticeable increase in obesity among year 6 children.

Deprivation is the major underlying inequality underpinning differences in obesity levels, due to the dietary risk factors and wider determinants associated with deprivation. People in deprived areas often face significant barriers to accessing affordable, healthy food and to taking regular exercise. Recent years have seen obesity increase in the most deprived communities in England, leading to a widening gap between the most and least deprived areas. (NICE, 2023).

The cost-of-living crisis and food price inflation has disproportionately affected low-income families, who typically allocate a larger share of their budgets to food.

Nationally, less than half of children meet the recommended physical activity guidelines of at least 60 minutes of moderate physical activity each day. Children from the least affluent families are less likely to meet these guidelines.



Images and key messages from a pupil-led assembly were shared with parents, receiving extensive engagement. The Well-being Officers also introduced a reward scheme for healthy packed lunches, distributing stickers to children for making healthy choices.





## The School Project

Windmill Hill Primary School in Runcorn is committed to promoting healthy eating and physical activity among pupils. The school decided to take a proactive approach to the growing obesity concerns.

Child obesity often serves as an indicator for adult obesity, which can lead to poor health outcomes. Additionally, Windmill Hill falls within one of the most deprived areas in the borough, placing its children at further elevated risk of health issues.

Each year, the school engages with the Healthy Schools programme, through which it welcomes the Health Improvement Team and partners to enhance health education.

Furthermore, they completed the whole-systems obesity self-assessment framework, aligning its practices with guidance for creating a physically active school environment and fostering a culture of healthy eating. Specific actions were set around promoting healthier packed lunches and engaging pupils and parents in physical activity.

Pupil-led projects have been a focus. This year's theme, chosen by Tom East (PE & PSHE Lead) and the Year 5 Well-being Officers was healthy eating and physical activity.

The Well-being Officers delivered an assembly on healthy packed lunches, highlighting the impact of processed foods on health, and healthier swap ideas.

Jacob from Year 5 recognised the importance of rewarding healthy swaps "If you eat too much junk food it affects your concentration and your mental health."

**Teachers have noticed an improvement in packed lunches since the sticker reward scheme was introduced.**



A successful initiative is the morning 'Wake Up Shake Up' routine led by the Well-being Officers for all year groups. Pupils choreographed their routines to motivating music, visiting all classes daily.



"The Daily Mile and the wake up shake up gets you energised and ready for lessons".

Isabella, Year 5

Another ambition was to encourage parents and carers to increase their active time alongside their children. During their last health week, children invited their parents and carers to join them on their running track for The Daily Mile before school. The children were key to getting their grown-ups involved. They reported how they especially enjoy when their teachers and parents join in, showing how important role-modelling is.



Child obesity often serves as an indicator for adult obesity, which can lead to poor health outcomes.

### Impact and next steps

The Well-being Officers have extended their influence beyond the classroom. Isabella says "I act as a role model to my younger family members, not just my friends at school. It's good when children teach other children how to keep healthy because they can understand them more. They are at the same level physically and mentally."

Teacher Tom East recognises the value of these projects "The Well-being Officers have enjoyed themselves, they've taken ownership and are really proud. It makes the children aware of the little things they can change."

The children have loved leading on the morning Wake Up Shake Ups. They plan to continue to deliver this throughout the school year. Oscar says the messages reach beyond the classroom "We all tell our parents what we learn about healthy eating so they can learn from us."





## CASE STUDY

# Widnes Academy (vaping)

\* **34.7%**  
(2021, England)

Percentage of 15 year olds that think it is ok use an e-cigarette once a week

\* **13.3%**  
(2021, Halton)

Smoking prevalence in adult population of Halton

### The local picture

Widnes Academy identified vaping as a growing issue, particularly with parents and carers on and around school grounds. School leaders worried this behaviour was normalising vaping for children around the school setting. As youth vaping is becoming a growing issue locally and nationally, the school wanted to take a proactive approach.

In April 2023, a UK survey revealed that 20.5% of children had tried vaping, up from 15.8% in 2022 and 13.9% in 2020. The experimentation rate among children had grown by 50%, with increase numbers reporting that they vape because others do (ASH, 2023).

Isla in Year 2 had environmental concerns over discarded vapes **"People keep leaving the vapes everywhere"**. There is a concerning growing issue of young people trying discarded disposable vapes.

In April 2023, a UK survey revealed that 20.5% of children had tried vaping, up from 15.8% in 2022 and 13.9% in 2020.

### The School Project

During their annual Healthy Schools visit, Head Teacher Ms Kirchin, requested Health Improvement Team (HIT) school council workshops and a class workshop for pupils on tobacco and vaping. With the support of Pastoral Lead Ed Poole, the school council met with the HIT facilitator to discuss their ideas for a project to tackle the issue of vaping around school.

In their initial session, the children planned a campaign to achieve their goals. They felt a poster campaign would effectively communicate their message. Their aim was to remind parents to keep the school vape-free, emphasising the importance of children's safety and environmental protection.

Amelia from Year 5 was aware of where they could have the biggest impact **"We can't control what you do at home but all we ask you to do is not vape outside our school!"**

The children researched the topic and selected key messages for their posters. These themes covered concerns such as health implications for children, the environmental impact of vapes, and the social consequences.



Widnes Academy pupils proudly displaying their 'no vaping outside school' posters

### Impact and Next Steps

Since displaying the posters around the school gates, there has been a noticeable reduction in the number of parents and carers vaping in and around the school grounds. School staff report almost no instances of vaping now.

Pupils have observed changes: one year 2 pupil shared **"When my Aunty picks me up from school she leaves the vape at home now."** Another child noticed **"I saw a parent vaping as she was coming in to school for parents evening. She stopped to look at our posters and went back to put her vape in her car."**

The Widnes Academy School Council remain committed to promoting health messages to keep themselves and their friends safe. Max in Year 5 says **"Vaping is still new. It's not possible to know how it's affecting people."** The children plan to refresh the posters regularly to keep parents engaged and maintain focus on the topic.



# St Michael's Catholic Primary School and Ferndale Court Care Home

(Intergenerational initiatives)



\* **33.4%**  
(2023, England)

Percentage of 11 to 16 year olds occasionally or sometimes feel lonely

\* **29.2%**  
(2019/20, England)

Percentage of adults who often or sometimes feel lonely

## The local picture

Loneliness can affect anyone, young and old alike and can have a marked effect on the health and well-being of anyone affected.

Since 2019, the Health Improvement Team has led on promoting the "Halt On Loneliness" campaign, aimed at raising awareness and supporting initiatives related to loneliness and social isolation.

Tish McKee, manager at Ferndale Court Care Home, contacted the Health Improvement Team to explore opportunities for intergenerational work with a local school. The Health Improvement team approached St Michael's Primary School as they had previously completed the 5 ways to well-being award, which involved activities about connecting.

## The school project

St Michael's Pastoral Lead Stef Lockley met with Tish to discuss ideas for this project. Year 5 children were involved in planning what activities they would enjoy learning from residents at Ferndale Court and what skills they could learn and teach.

Each Friday afternoon, 10 children visited Ferndale Court to complete different activities with the residents to learn new things, communicate with new people and improve social skills.

Each week the children would really look forward to seeing the residents at Ferndale. Teacher Mrs Hillier commented **"All the children loved hearing how job roles have changed and how Widnes buildings and the market have changed over the years."**

## Impact and Next Steps

Since attending the Friday sessions at Ferndale, Mrs. Hillier has noticed an increase in children's self-esteem, with Tyler aged 10 saying **"it made me feel loved because they always listen to our ideas and how much attention they give us."**

Ferndale Court manager Tish McKee explains **"The blend of ages and culture was a great success. Our residents passed on the skills of dominoes, bingo, old school records, history of the area, singing and dancing. In return the children passed on their skills of technology, uploading music and what's currently relevant in the pop world. It was a tremendous interaction."**

This project was initially for a term, but with it being so successful and helping both children and residents, St Michael's and Ferndale want to keep this going each year with different projects being planned over the summer term.

*"It made me feel happy to see how bright some of the children are, I've always said you can learn a lot from children and animals!"*

Marjorie, Ferndale Court resident

*"I think it is important because we are making the residents happy and putting a smile on their faces with singing and dancing with them. I have learnt how to do Irish dancing"*

Max, age 10

*"I think it is important learning about the history, I loved hearing about what games children played years ago!"*

Joey, age 10

*"The love, fun, enjoyment and pride both the residents and the children have shown is truly humbling. I dare anyone not to have a little tear in the corner of their eye."*

Tish McKee, Ferndale Court Manager



## CASE STUDY

# Ashley High School (Young Health Champions)

\* **36.3 per  
100,000**

(2020-23, Halton)

**Admission episodes for  
alcohol-specific conditions  
(under 18s)**

\* **22.1 per  
100,000**

(2021, Halton)

**Conceptions in women  
(15-17 years)**

### The local picture

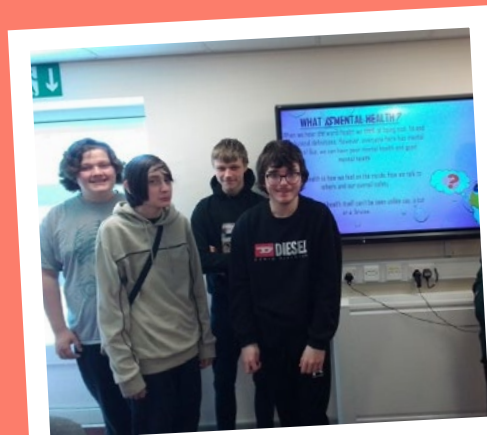
Globally and locally, there is an increasing emphasis for young people's voices to be heard and to be the driving force behind service development and change. Ashley Specialist School in Widnes were part of a co-production workshop for another project with the Health Improvement Team, and due to their interest and innovative ideas, the school were approached to take part in the Royal Society for Public Health (RSPH) Award for Young Health Champions.

### The school project

The RSPH award is an accredited qualification for young people aged 14-24. It equips young people with essential skills for effective communication around health and well-being, and provides a platform to develop peer-led health campaigns. A range of health and wellbeing topics are covered as part of the course, including sexual health, diet and physical activity, and risk-taking behaviours, such as alcohol and tobacco.

Year 12 pupils at Ashley School completed the programme over a number of months, covering public health approaches, lifestyle and health, research techniques, and effective communication. Each young person chose a campaign topic that was important to them, which included alcohol awareness, physical activity, suicide, mental well-being and vaping. Each young person researched the topic and delivered a presentation to their peers.

Josh highlighted how campaigns led by pupils are so fitting: **"We know more about the world and we need to inform younger people. We're bringing self-awareness to younger people."**



The group recognised how valuable youth-led health campaigns are due to the use of simple language and relatable analogies. Oliver says **"Young people relate more to a teenager than an adult. Our info is easier to digest."**

This was backed up by Assistant Head, Nicola Lightfoot **"Young people look up to older pupils as role models. They shared important messages about signposting and spreading awareness so young people know where to go."**

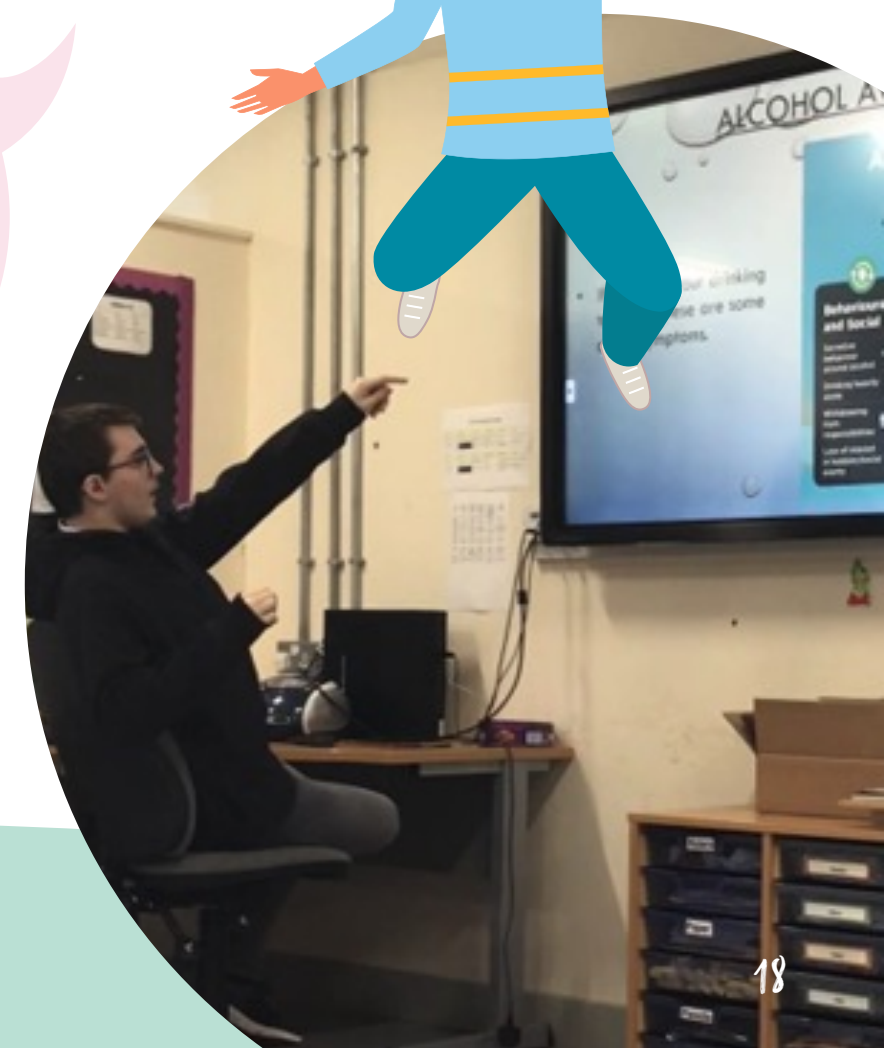
As the young people were able to choose their campaign topics, they were highly engaged and felt a real sense of purpose. Teacher Gordon Gorst saw the value of this **"They took ownership - they used their personal experience to help others."**

### Impact and Next Steps

As well as peer-led health messages being shared for the benefit of the whole school, this award also had a significant impact for the young people achieving the award. **"It was great for confidence and self-esteem, every single young person gave a presentation."** (Nicola Lightfoot, Assistant Head). Harvey (Year 12) said **"I felt very proud when I got my certificate."**

The next step is for the group to focus on one topic for a whole-school campaign, for which they have chosen mental health, due to poor mental health being increasingly prevalent in teenagers.

Ashley School have valued this programme so much that they will schedule it annually with the older cohorts within school, facilitated by the Health Improvement Team. This award will also be available to other secondary schools and youth groups in Halton during 2024-25.





CASE STUDY

# Westfield Primary School (5 ways to well-being award)

\* **90.8 per 100,000**  
(2022/23, Halton)

**Hospital admissions for mental health conditions** (Under 18s)

\* **732.9 per 100,000**  
(2021, Halton)

**Hospital admissions as a result of self-harm** (10-24 years)

### The local picture

The 5 ways to well-being are a set of evidence-based actions that people can do in their everyday lives to help them be happier, healthier, and more able to cope especially when things aren't going great. These 5 actions are:

- \* **Be active**
- \* **Connect**
- \* **Give**
- \* **Keep learning**
- \* **Take notice**

There is a strong link between the types of activities children and young people take part in everyday and their subjective well-being.

The Health Improvement Team developed the 5 Ways to Well-being award, which schools can achieve by ensuring activities are embedded into their whole school community.

### The school project

Westfield Primary School identified that they wanted to improve the mental health and well-being of the whole school community and felt the 5 ways to well-being award was a great

place to start. A Health Improvement Team member supported the school by working with the school council. The children immediately came up with ideas that could help change and support Westfield families to become healthier both physically and mentally.

The school council decided that getting the message out about the 5 Ways to Well-being was the first priority. They wanted to give examples to pupils on how they could use the 5 ways to promote healthy body and mind so they held an assembly.

The school council then came up with the idea of designing a leaflet to challenge families to participate in activities to promote the 5 Ways to Well-being.



They also delivered a second assembly where they took feedback on what the children had done at home to improve their well-being. The children talked about playing board games with their family, learning to fish, going on bike rides, reading a new book, and having a family film night.

One of the 5 Ways the children have really embraced is learning something new. The children have asked for different sports clubs, boxing, badminton and mindfulness. They are running their own lunchtime clubs, Spanish, History and Art so that they can share something new with others.

This was displayed in Runcorn Shopping City for the wider community to view.



"I have played a board game with my family and it made us all sit down together."

JC age 10

"I love trying new activities with my friends at lunchtime."

SJ age 8

"It's important to promote the 5 ways to well-being to others so everyone knows how to keep well and healthier."

KT aged 10

### Impact and Next Steps

Sandra Pope (Head at Westfield Primary School) explains "The positive benefits have been on the children's awareness and willingness to make a difference. They have a good understanding of how to use well-being strategies and techniques to help themselves. We have also noticed that children have been recognising when their friends have needed help."

The children have plenty of plans for this year including talent shows and playtimes games leaders, charity events, mindfulness clubs and forest school activities.





## Halton Children's Top Tips for a healthy life:

"Spending time with others and learning new things are really important and can really improve your health and well-being"

Max, Year 5,  
St Michael's Catholic Primary School

"To be healthy in your mind, try to stay positive and think about the 5 ways to well-being"

Oliver, Year 6,  
Westfield Primary School

"Don't smoke or vape in front of children"

Poppy and Isla, Year 2,  
Widnes Academy

"Eating less junk food can help you to stay healthy"

Dougie, Year 5,  
Windmill Hill Primary School

"Get outside for a short time every day – anything from 5 minutes to an hour walking or cycling"

Liam, Year 12,  
Ashley School

"Set goals for yourself, like being active every day... and include your friends"

Hannah, Year 5,  
Windmill Hill Primary School

"Build up activity 5-10 minutes at a time and get your friends involved so it's more fun"

Isabella, Year 5,  
Windmill Hill Primary School

"Have a good routine and focus on mindful activities to promote mental well-being. Talk to someone"

Oliver, Year 12,  
Ashley School

## Halton Public Health Annual Report 2023/24 Recommendations:

1

Healthy schools is a team effort from lots of different organisations. We want to strengthen the existing partnerships and expand them to meet the changing health and well-being needs of children growing up in Halton.

2

Develop new ways of communicating and interacting with children and families online to promote and support health and well-being.

3

Work with schools to understand their priorities for the future of healthy schools and what both primary and secondary schools need to create a healthy school environment.

4

To continue to address the challenges presented by vaping, to include preventing the illegal sales of vapes to children and supporting schools to discourage the use of vapes.

## Thank you and acknowledgements

### 2023-24 Healthy Schools:

All Saints Upton CE Primary School  
Ashley High School  
Astmoor Primary School  
Beechwood Primary School  
Bridgewater Park Primary School  
Brookfields School  
Brookvale Primary School  
Castle View Primary School  
Chesnut Lodge Specialist School  
Daresbury Primary School  
Ditton Primary Academy School  
Fairfield Primary School  
Farnworth CE Primary School  
Gorsewood Primary School  
Hale CE Primary  
Halebank C of E Primary School  
Hallwood Park Primary School & Nursery  
Halton Lodge Primary School  
Hill View Primary School  
Hope Corner School  
Kingsway Primary Academy School

Lunts Heath Primary School  
Moore Primary School  
Moorfield Primary School  
Murdishaw West Community Primary School  
Oakfield Community Primary School & Nursery  
Our Lady Mother of the Saviour Catholic Primary School  
Our Lady of Perpetual Succour Catholic Primary School  
Palacefields Primary Academy  
Pewithall Primary School  
Poppy Field School  
Runcorn All Saints CE Primary School  
Sandymoor Ormiston Academy  
St Augustine's Catholic Primary School and Nursery  
St Basil's Catholic Primary School  
St Bede's Catholic Junior School  
St Bertelina's C of E Primary School  
St Clements Catholic Primary School  
St Edward's Catholic Primary School

St Gerard's Catholic Primary and Nursery School  
St John Fisher Catholic Primary School  
St Martin's Catholic Primary School  
St Mary's CE Primary School  
St Michael's Catholic Primary School  
St Michael with St Thomas CE Primary School  
The Brow Community Primary School  
The Grange School  
The Heath School  
The Holy Spirit Catholic Primary School  
Victoria Road Primary School  
Westfield Primary School  
Weston Point Primary Academy  
Weston Primary School  
Widnes Academy  
Windmill Hill Primary School  
Woodside Primary School  
Wade Deacon High School

### Healthy Schools support team:

Rebekah Walsh  
Angela Beesley  
Maria McNulty  
Louisa Mogg  
Clair Shacklady  
Chloe Appleton  
Lisa Jones  
Kate Bazley

### Editorial team:

Dr Ifeoma Onyia  
Julia Rosser  
Ian Baddiley  
Rebekah Walsh  
Melanie Baker  
Public Health Evidence & Intelligence Team  
Adam Major  
Harriet Goodship  
Karen Stratford

### Healthy Schools Partners:

Axess Sexual Health  
Beacon Counselling Trust  
British Red Cross  
Child Bereavement UK  
Family Action  
Halton 0-19 Service  
Halton Borough Council Early Help Drug & Alcohol Team  
Halton Borough Council Environment & Economy Team  
Halton Borough Council Health Improvement Team  
Halton Borough Council Road Safety Team  
Living Streets  
Merseyside Sports Partnership  
NSPCC  
Safer Schools & Young People Partnership Cheshire  
Swim!

### Featured schools and settings in this year's report:

Ashley High School  
Year 12 pupils, Gordon Gorst, Nicola Lightfoot  
St Michael's Catholic Primary School  
Year 5 pupils, Stef Lockley, Mrs Hillier  
Westfield Primary School  
School Council, Sandra Pope  
Widnes Academy  
School Council, Ed Poole  
Windmill Hill Primary School  
Well-being Officers, Tom East  
Ferndale Care Home  
Residents, Tish McKee



# Healthy Start Healthy Future



**E** [Public.Health@halton.gov.uk](mailto:Public.Health@halton.gov.uk)

**T** 0151 511 5200

Further information and data about children's  
health can be found online at: