

HEALTHY SCHOOLS NEWSLETTER



SEPTEMBER 2025 #HEALTHYSCHOOLSKNOWSLEY

Schools Achieving Bronze

Congratulations to....

Prescot Primary

Huyton with Roby Primary

Holy Family Primary (Halewood)

Westvale Primary

Whitson Willis Primary

Willow Tree Primary

St Laurence Primary

Malvern Primary

Knowsley Village Primary

Our Ladys Primary

St Columbas Primary

Kirkby Primary

Blacklow Brow

St Brigids Primary

St Annes Primary

Bluebell Park

St Andrew the Apostle Primary

Holy Family (Cronton) Primary

St Margaret Marys Infants Primary

Schools Achieving Silver

Congratulations to....

Westvale Primary

Blacklow Brow Primary

St Brigids Primary

Holy Family (Halewood) Primary



Summer Term Pledge Events!

Congratulations to Westvale Primary and St Brigid's Primary for launching their 'Pledge for a Healthy & Active Future' during the summer term.

Both schools worked incredibly hard to organise their events. Parents were able to see the work that has been going on for Healthy Schools and find out about the Pledge.

There were a range of services attending including School Nurses, Healthy Knowsley, Green Spaces, Food Active, Volair and more! Schools provided lots of activities including boxing, Zumba, raffles for fruit hampers & blenders, smoothie bikes and more! Westvale even put on a school meal for all attending, showcasing their new salad bar.

Using the funding provided St Brigids are using it to support active playtimes and supporting with costs with after school sessions. While Westvale have purchased a new outdoor water fountain!





September Pledge Launch- Holy Family (Halewood)

This month Holy Family (Halewood) Primary launched their pledge for a healthy and active future. The school decided to promote the pledge whilst selling the onions and potatoes that had been grown by the pupils in the school allotment. There were lots of generous donations made by parents. Families were also provided information on the pledge and pupils were given stickers and resources.



Sign up to Primary School Parkrun Initiative



1. Register as a parkrun primary and connect with your local junior parkrun(s).
2. Host a junior parkrun school assembly.
3. Share information with parents and carers.
4. Attend your local junior parkrun together.
5. You are now a parkrun primary – welcome to the family!

Knowsley has a Jnr Parkrun set up in Halewood, another Jnr Parkrun will soon be set up in Kirkby, so keep your eyes peeled! We would love Kirkby Schools to get involved!

HENRY – Fussy Eating Workshops across Knowsley!

Free sessions are running all across Knowsley for parents with children 0-5years. Families can call the number to find out the nearest session to them. If you wish to share a copy with your schools local venue, get in touch and an alternative poster can be sent.

Fussy Eating Free local workshops



Fed up with stressful mealtimes? We're here to help...

As parents we want our children to eat well – and to enjoy mealtimes together

Come along and get support and new ideas for:

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

Venue:

Knowsley Family Hubs/Children's Centres

Date:

Workshops available each month

Contact:

0151 443 5633

Health Visitor/School Nurse & Home Start SEND drop-in service

SEND Parent Support Drop In



Knowsley Health Visitors/School Health Team, along with Home-Start Knowsley run an on-going SEND Drop-in service, as listed below. This is for any parents/carers of Knowsley children/young people (aged 0-25 years) who have potential or confirmed additional needs. Just pop in for a coffee and a chat and we can advise and link you in with the local support/make appropriate referrals that your child might benefit from at this time. No appointment necessary.

George Howard Centre, Lickers Lane, Whiston, L35 3SR

Every 1st Thursday of the month 9.30am-12noon

Thursday 4th September

Thursday 2nd October

Thursday 6th November

Thursday 4th December

Northwood Family Hub at The Pride,

2 Simonswood Lane, Northwood, L33 5YP

Every 2nd Thursday of the month 9.30am-12noon

Thursday 11th September

Thursday 9th October

Thursday 13th November

Thursday 11th December

Hilltop Children's Centre, Bedford Close, Huyton, L36 1XH

Every 3rd Wednesday of the month 9.30am-12noon

Wednesday 17th September

Wednesday 15th October

Wednesday 19th November

Wednesday 17th December

New Hutte Children & Family Hub, Litchfield Road, Halewood, L26 1TT

Every 4th Wednesday of the month 9.30am-12noon

Wednesday 24th September

Wednesday 22nd October

Wednesday 26th November



For any further information please call Knowsley School Health and Health Visiting

Team: 0151 514 2666 or Knowsley Homestart: 0151 480 3910

LIVV Housing Cooking Sessions!

Livv Housing welcome back Cooking with Livv, the hands-on cooking experience created just for Livv customers! In partnership with FedUp Community CIC, these sessions are held at Alba Restaurant Melling and are all about learning, connecting, and having fun in the kitchen.

This time, there are even more courses to offer!

They also take care of travel and lunch! Whether you're looking to cook healthier, save money, or meet new people, there's something for everyone.

To find out how to get involved Livv Housing Residents can..

Email- enquiries2@livvhousinggroup.com

Call- 0151 290 7911

Or speak to their Housing Advisor



With even more courses, there is something for everyone... Courses include:

- Slow cookers
- ◆ Air Fryers
- ▲ Fakeaways
- Diabetic Weight Management
- ◆ Cooking for the Family

Find out how to get in touch in the caption!

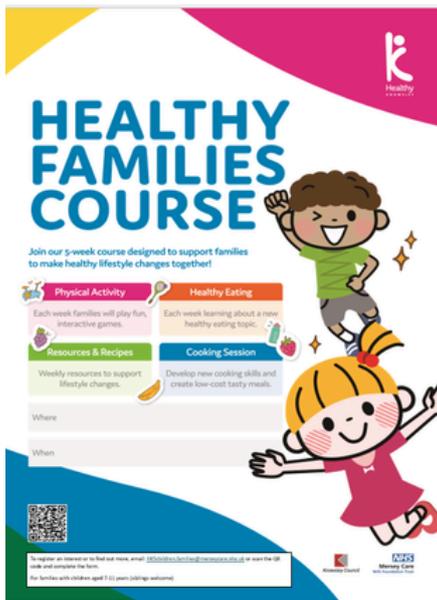


Snack-Tember

Well done to Knowsley Lane, Ravenscroft, St Margaret Mary Infants and Malvern Primary for their engagement and promotion of Snack-tember to their school community!

All schools held an assembly presented by Public Health to launch the campaign.

Healthy Families Sessions with the Healthy Knowsley Service



Sessions taking place across Knowsley this term..

Monday

St Michael and All Angels (Kirkby)
St Brigids (Stockbridge Village)

Tuesday

Plantation (Halewood)
Craigs Community Centre (Stockbridge Village)- 4pm-5pm

Wednesday

George Howard Centre (Whiston)-
3:30pm-4:30pm

Home Start (Huyton)- 4pm-5pm

Thursday

Westvale Primary (Kirkby)
Centre 63 (Kirkby)- 4pm-5pm

To arrange courses at your school contact:
jessica.parry@merseycare.nhs.uk

School Food Matters- Free School Gardening Webinar

Food growing in schools offers incredible benefits for children's education and well-being, but we know that setting up and maintaining a school garden during the colder months can feel like a big challenge.

To help, we're hosting a webinar to support school staff in making the most of their gardens through the autumn and winter months.

Our expert gardener, Will, will share practical tips and resources to help you feel confident on your growing journey. He'll cover everything from setting up your garden space and sowing seeds, to fun winter garden activities to keep children engaged in the garden all year round.

[Click here to sign up for free.](#)



**SCHOOL
FOOD
MATTERS**

Chefs in Schools Programme – Starting 23rd October!



SCHOOL CHEF



EDUCATOR PROGRAMME

Chefs in Schools is a charity on a mission to support school kitchen teams – the unsung heroes of education – with the skills and knowledge to serve great food that fuels the future.

FULLY-FUNDED SKILLS AND NUTRITIONAL TRAINING AVAILABLE FOR ALL SCHOOL KITCHEN TEAMS IN KNOWSLEY

Essential know-how: Tips to boost performance, cut food waste, support food education, and build a good school food culture.

School Food Standards: Staff learn to fulfil the school's legal obligations on food service and preparation.

School chef skills: Everything from knife skills and new techniques, to recipe ideas, menus and presentation.

PROGRAMME DETAILS:

In-Person Training:
Two in-person training days hosted at accessible and inspirational venues

Live Weekly Webinars:
8 weekly webinars hosted by our professional chef trainers (30 mins)

Self-Guided Online Learning:

- 8 online lessons – ranging from Reducing Food Waste to School Food Standards
- 8 quizzes
- 3 tasks – to help consolidate learning and develop action plans



Don't forget to hire the smoothie bike in your school!

Lots of schools have been using the smoothie bike from MYA for their Healthy School promotions. It is a great way to perhaps raise money for any school events in a healthy way, and is always good for getting parents involved.

The bike is free to hire from Merseyside Youth Association. Please contact Gina Weston: georginaw@mya.org.uk

