

HEALTHY SCHOOLS NEWSLETTER

OCTOBER 2025 #HEALTHYSCHOOLSKNOWSLEY



Schools Achieving Bronze

Congratulations to....

Prescot Primary	Willow Tree Primary	Blacklow Brow
Huyton with Roby Primary	St Laurence Primary	St Brigids Primary
Holy Family Primary (Halewood)	Malvern Primary	St Annes Primary
Westvale Primary	Knowsley Village Primary	Bluebell Park
Whitson Willis Primary	Our Ladys Primary	St Andrew the Apostle Primary
	St Columbas Primary	Holy Family (Cronton) Primary
	Kirkby Primary	St Margaret Marys Infants Primary

Schools Achieving Silver

Congratulations to....

Westvale Primary
Blacklow Brow Primary
St Brigids Primary
Holy Family (Halewood) Primary



Schools Achieving GOLD!

Congratulations to....

Blacklow Brow Primary, who are the first school to reach gold level! The school have worked incredibly hard to promote healthy lifestyles across the whole school community. On Friday 10th October the school were visited by the Council Leader, Councillor Kevin and Christine Bannon. The school were presented the gold award plaque in their achievement assembly.

Blacklow Brow hope to continue their work and will implement a swap station in the near future and use the Healthy Schools funding to support an allotment re-vamp!



Chefs in Schools Programme

Public Health have funded the Chef's in Schools programme to support our school cooks to further their knowledge in nutrition, gain new skills in prep and presentation of school meals, will learn new healthy recipes and learn to improve kitchen performance and food waste! We will keep everyone updated on engaging schools and their progress!

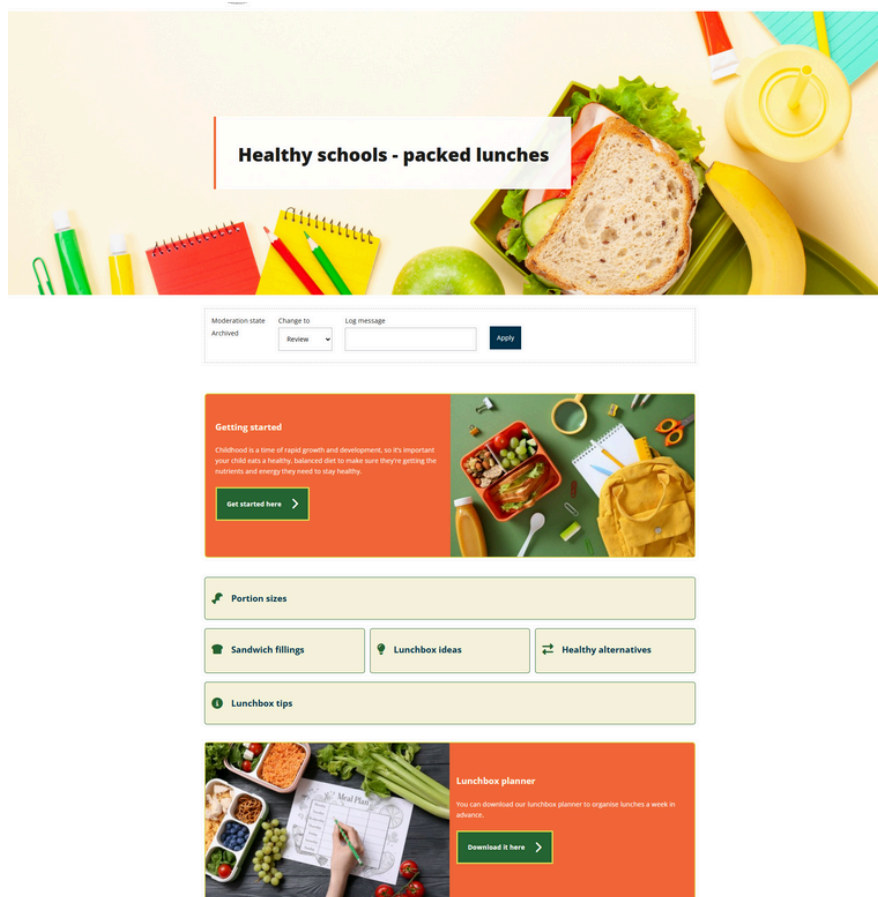
6 schools are taking part with the delivery of the launch session running during the half term. Chefs created some healthy recipes, one included HULK CAKE! (a cake with hidden peas!) we hope this will be an exciting new addition to the menu!



New Healthy Packed Lunch Page!

Our new healthy packed lunch guidance page can be found on the councils education section. It is filled with lots of easy ideas to promote healthier packed lunches.

Please send in your great examples from your pupils in your dining hall. we would love the page to be filled with our Knowsley pupils healthy lunches to inspire others! [Healthy schools - packed lunches | Knowsley Council](#)



Beacon Counselling Trust providing free training on gambling harm.



Beacon Counselling Trust provide gambling-harm support services across the Northwest. As part of their support, they deliver free training to staff working in numerous organisations across the region. In 2023 the Council, Healthwatch and Citizens Advice joined Beacon's Workplace Charter to Reduce Gambling-Related Harms. As part of our continued promotion for recognising and supporting gambling-harm the Council have organised three, online 90-minute training sessions. Staff from any organisation across Knowsley are welcome to join these sessions.

Evidence suggests that Knowsley residents gamble more often and in higher numbers than in other places in the country. As many of our residents live on low incomes this can have devastating impacts causing harm to a person's family and social networks, employment, finances and mental health.

The Bet You Can Help Now workshop helps to understand the nature of gambling related harms and the impact on health and wellbeing, it also supports learners to competently implement a brief early intervention with anyone at risk of, or experiencing, gambling harms, and how to signpost to specialist support services.

[Sign up here!](#)

Food Active School Food Resource Hub

This resource hub contains a range of resources designed for schools to support them in creating healthy settings and promoting positive messages associated with healthy food and drink choices and environmental sustainability.

Food Active School Food Resource Hub

Password: y4OW52PqZ4

**FOOD
ACTIVE**

The 'Why Weight' Hub Webpage

Don't forget to access Food Active's 'Why Weight' Hub. There are a range of resources available to support staff or provide to parents and pupils. The page includes recipe cards, healthy conversation guidance, signposting to local services and more! Click the link to access:

[Why Weight Hub](#) 

Why weight? Hub



Talking to your child about weight

Guidance

Children and young people

[Download resource](#)



Recipe cards

Pamphlet

Adults

Children and young people

[Download resource](#)

Sugar Awareness Week 17th– 21st November

Sugar Awareness Week 2025 is set to be held from November 17–23, 2025 in the UK, organized by **Action on Sugar**. The campaign will focus on "Cutting Through the Sweet Talk: What You See Isn't What You Eat," with a theme that unpacks misleading marketing claims on food and drink products and encourages people to make more informed choices about their sugar intake.

Take part in the campaign by sharing the free resources with families. [Action on Sugar](#). There is also great information to share on the [NHS Healthier Families Website](#)



Free training from Food a Fact of Life! Creating a good school food culture

Food a Fact of Life have a free webinar on 'Creating a Good School Food Culture' this is a great session for senior leadership or our healthy school leads. The webinar takes place on 26th November at 16:30pm. There are also a range of other CPD sessions available on the website.

Sign up on the [Food a Fact of Life website!](#)



Blue Cross– Free Live Education Events

Blue Cross have a range of free pupil webinars taking place across November and December. The webinars include topics on World War animals and animals at Christmas. There is also opportunity to book talks/workshops/assemblies.

Find out more about the webinars here– [Blue Cross Website](#)

Click the following link to book an education talk– [Education booking.](#)

