

HEALTHY SCHOOLS NEWSLETTER



JANUARY 2026 #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
	St Joseph the Worker Primary	St Marys and Pauls Primary
	Ravenscroft Primary	St Maries Primary

Schools Achieving Silver

Congratulations to....

Westvale Primary	Holy Family (Halewood) Primary	Knowsley Village Primary
Blacklow Brow Primary	Prescot Primary	
St Brigids Primary	St Columbas Primary	

Schools Achieving Gold

Congratulations to....

Blacklow Brow Primary



We need your healthy packed lunches for our council website!

Our new Healthy Packed Lunch Website is received lots of views since its launch by lots of schools and families across Knowsley. Some schools have already sent in some fantastic lunches that will help inspire others to eat a healthy lunch! However we would love more.

Don't forget when you see a healthy lunch in your dining hall to take a picture and send to Sophie to be uploaded to the website. [Healthy Packed Lunches Website](#)



Congratulations to our Chefs in Schools Graduates!

Well done to our 4 School Cooks who completed the Chefs in Schools Educator Programme! We held our celebration visits with all our participating schools, along with the School Meals Service. Our participating schools were..

Sylvester, St Brigids, Halsnead and St Joseph the Worker.

We will soon share the evaluation results from the programme, and will look to run future courses if more schools are interested!



CHEFS IN SCHOOLS

Making Every Contact Count Training Reminder!

For those schools working towards bronze award, don't forget to book your Making Every Contact Count training, this is part of the essential criteria. The session is delivered by NHS Merseycare and can be delivered at a time best to suit your school. The session raises awareness on the health statistics for Knowsley children, understanding the complexities to childhood overweight, weight stigma and provides a range of resources to support schools and signposting to health services across the borough.

To book your session please contact: jessica.parry@merserycare.nhs.uk

This month St Columbas held their Pledge Event!

On Friday 16th January St Columbas Primary held their Pledge for a Healthy and Active Future Event!

The event was hosted during drop off time in the morning, parents were invited to attend and a range of professionals were there to support.

The school cook had put on a range of tasting samples of the menu which included soup, curries, fruit and more!

School nurses were in attendance doing some health promotion activities and chatting to parents.

Healthy Knowsley came to promote healthy eating and their Children and Families Course.

Pupils were putting together fruit kebabs for all pupils and parents to try. Finally Volair Lesiure Centre attended promote the local gym offers.

The school is working well towards their pledge action plan and will soon be reaching for gold!



Healthy Rewards Success!



As you may be aware Dave Sweeny (Knowsley Sports Partnership) and myself have been working with schools to promote healthier rewards, find alternative ways to reward pupils for behaviour, attendance etc in a healthy way!

A HUGE well done to Dave for arranging for Knowsley Schools to have access to Gravity MAX Vouchers that can be used to reward pupils!!

What's the Offer?

Each term, your school will receive 3 complimentary Gravity MAX vouchers (worth £60 each) to award students who shine in areas like:

- Excellent attendance
- Living your school's values
- Acts of kindness
- Academic or personal progress

Each voucher gives the winning student a Gravity MAX experience for them plus a friend!

To find out more please contact d.sweeney@knowsleyssp.com



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



The Jamie Oliver Good School Food Awards

The Good School Food Award nominations are now open! If you have a passionate staff member in your school who promote healthy eating, sports & physical activity or have a fantastic school cook! Then you can nominate on the website, it would be great to have a Knowsley School win a prize!

See the website for categories nominations- [Jamie Oliver Good School Food Award](#)



Fibre February is on the way!

In the UK, no age group is currently consuming the recommended amount of dietary fibre, and in the vast majority of each age group, intakes are well below daily recommendations. When you focus on school pupils, only 14% of 4-10 year olds and 4% of 11-18 year olds are eating the recommended amount of fibre.

Food a Fact of Life are running Fibre February, with lots of activities to run in your school including assemblies, lesson plans, posters and recipes.

[Food a Fact of Life- Fibre February](#)



Updates from Halewood Academy

Halewood Academy are working hard to promote healthier choices in their school. Over the February half term new water fountains will be installed to improve access to free drinking water. The school will be doing promotional campaigns on healthy hydration and raising awareness of the health impacts of energy drinks. Pupils will also be given free reusable water bottles.



Our school meals service will be monitoring the sales of milkshakes and juice as we hope to see a decrease in sales. Eventually the school aims to phase out these drinks and become a **water only high school!**