

HEALTHY TOGETHER NEWSLETTER

ISSUE 01



WELCOME TO YOUR LATEST HEALTHY TOGETHER NEWSLETTER

Hello and welcome to the second edition of your newsletter from Healthy Together. Each term you will receive this information leaflet designed for parents/carers and school staff.

In this update, you can find links to our animations to support children making the transition to secondary school, and into primary school for the first time, as well as our brand-new healthy lifestyles animations.

SUPPORTING YOUR CHILD AS THEY MOVE TO SECONDARY SCHOOL

Making the move up to secondary school is an exciting time for your child, however it can also be worrying as they get used to new people, routines and experiences.

To help you support your child through this transition, we have created a short animation with lots of advice, tips and information.



 [Click here or on the image above to view the animation for parents/carers](#)

MOVING FROM PRIMARY TO SECONDARY SCHOOL

Alongside our animation for parents/carers, we have also created an animation specifically for children to watch as they prepare to start secondary school.

It includes lots of tips on what to expect from a new school, as well as advice on how best to prepare for making the move.



 [Click here or on the image to watch the animation](#)

IN THE SPOTLIGHT

SUPPORTING YOUR FAMILY IN LEADING HEALTHY LIVES

To support you in helping your family to lead healthier lifestyles, we have devised an online questionnaire and created a brand-new animation. The questionnaire enables you to get advice and tips on the likes of diet, portion sizes and exercise, while the animation explores how certain decisions and choices made can impact on how a child feels through the course of a day.



[**CLICK HERE TO ACCESS THE QUESTIONNAIRE AND WATCH THE ANIMATION**](#)

DID YOU KNOW YOU CAN CONTACT A SCHOOL NURSE BY TEXT?

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-19 in Leicester City, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 382



MOVE IT BOOM IS BACK FOR 2023 LAUNCHING MONDAY 2 OCTOBER



Move it Boom, the physical activity competition is back with a new look for 2023, with children embarking on a Monster Hunt!

Children are encouraged to get physically active and log their activities on the Move it Boom website to unlock new parts of the story, travel around the world, meet new monsters and unlock rewards

DIGITAL HEALTH CONTACTS

In the new academic year, online health and wellbeing questionnaires, known as Digital Health Contacts, will be made available to schools across Leicestershire and Rutland.

Schools will have the opportunity to send a questionnaire out to parents/carers of children in Reception and to complete in school with children in Year 6

The questionnaires cover a wide range of topics, with a personalised care plan presented at the end, and follow up face-to-face support provided by the Healthy Together school nursing team where appropriate.

Look out for further information in the new academic year.

They will also be earning points for their school, with prizes awarded at the end of the competition to the best performing schools

[**HAVE A SNEAK-PEAK AT THE NEW MIB WEBSITE HERE**](#)