

HEALTHY TOGETHER NEWSLETTER

ISSUE 01



WELCOME TO YOUR LATEST HEALTHY TOGETHER NEWSLETTER

Hello and welcome to the third edition of your newsletter from Healthy Together, and the first for the 2023/24 academic year. Each term you will receive this information leaflet designed for parents/carers and school staff.


In this update, you can find out about the newly launched Healthy Together Helpline, our brand-new game on Health for Kids, plus lots more.

FREE ONLINE PARENTING SUPPORT COURSES AVAILABLE

InOurPlace are hosting free online courses to help you understand your child and support their wellbeing.

The courses are available to all parents, carers, grandparents in Leicester, Leicestershire and Rutland. They are designed by clinical psychologists in partnership with practitioners and parents.



 [CLICK HERE OR ON THE IMAGE ABOVE TO FIND OUT MORE](#)

MOVE IT BOOM MONSTER HUNT IS IN FULL SWING

Our annual physical activity competition for primary schools is in full swing, and if you haven't joined the Monster Hunt yet, it's not too late!

By recording all of their physical activities on the MIB website, children can venture on a Monster Hunt, unlocking new parts of the story, earning clues, trophies and points for their school.

The competition ends on Friday 15 December, so get involved today to see how many monsters you can discover.



 [CLICK HERE TO VISIT THE MOVE IT BOOM WEBSITE](#)

IN THE SPOTLIGHT

MAKE HEALTHY LUNCHBOX CHOICES IN OUR NEW GAME

To help children learn and understand more about making healthy food choices, we have launched a new game on Health for Kids, 'Lunchbox Heroes'. Children choose a character and then attempt to get a score of 100% by filling their lunchbox with great food choices from the range of different options available!



 [CLICK HERE TO ACCESS THE GAME AND BECOME A LUNCHBOX HERO](#)

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 615 381



NASAL FLU VACCINATION SUPPORT



With the nasal flu vaccination programme underway in primary schools, take a look at our Flu Heroes animation for an easy and enjoyable way for children to understand the importance of being protected.

 [CLICK HERE OR ON THE IMAGE ABOVE TO WATCH THE ANIMATION](#)

HEALTHY TOGETHER HELPLINE LAUNCHES

The recently launched Helpline offers parents and carers of children and young people another way of accessing support and advice from a health professional.

The helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting.

This includes:

- Booking and rearranging appointments
- Healthy eating
- Child development
- Emotional health
- Behaviour difficulties and parenting concerns



CALL 0300 300 3001

Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

 [CLICK HERE TO FIND OUT MORE](#)