HEALTHY SCHOOLS NEWSLETTER

NOVEMBER 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
St Marys and Pauls Primary
St Maries Primary

Schools Achieving Silver

Congratulations to....

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

Schools Achieving Gold

Congratulations to....

Blacklow Brow Primary

Prescot Primary Pledge Event- New Family Running Club

On November 7th Prescot Primary delivered their Pledge for a Healthy and Active Future' Launch Event!
Pupils and parents were invited to the schools first Family Running Club, which the school hope to run regularly throughout the year to start the day! Families were provided with lots of healthy lifestyle information from Food Active, Volair and Healthy Knowsley coming along to set up stalls. A raffle was also on for families, with a donation also given from Prescot Tesco!







Free Breakfast Club Expansion

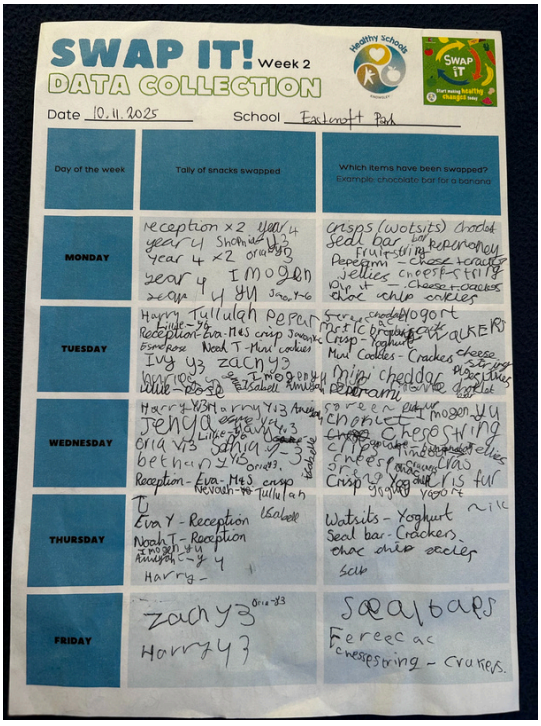



Applications are now open for the next wave of 500 schools with 40% of pupils on free school meals to benefit from the programme. The government has increased the per child funding rate for mainstream schools to £1, making good on its commitment to roll out clubs with a variety of healthy meals. Schools will also receive a guaranteed £25 a day to cover staffing and admin so every type of school can easily deliver a breakfast club. Apply here (deadline 5th December)- Breakfast Club Roll Out

Eastcroft Park Primary School- First to publish healthy packed lunches to the new website!

Thank you to Eastcroft Primary Pupils for showcasing their super healthy packed lunches! 4 pupils have had their lunch boxes posted to the new healthy packed lunch website, we hope their ideas inspire other families with new ideas.
You can view their lunches here- Healthy Packed Lunch Ideas
This is a call to other schools, if you see a healthy packed lunch in your dinner hall don't forgot to take a picture and send them to be added to the website!
Eastcroft Park Primary have also been doing a great job with their Swap Station, pupils have done a fantastic job at collect the data for swaps too!





St Marys and St Pauls- Healthy Packed Lunch Competition!

A great idea to engage pupils with healthy packed lunches!



Chefs in Schools Training

The school chefs taking part in the Chefs in Schools training have been learning about the Whole School Approach to a happy and healthy lunch time. To provide pupils with the best lunch time experience schools should aim to deliver three key themes- **Team Work, Nutritious Food and A Nice Place**

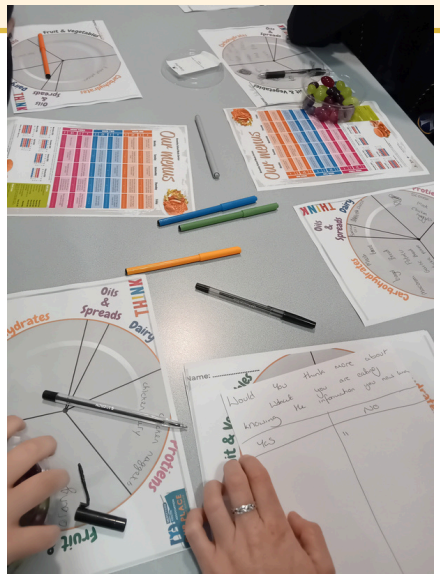
TEAM WORK	NUTRITIOUS FOOD	A NICE PLACE
FRIENDLY STAFF	GREAT PRODUCE	LEARNING ABOUT FOOD
ALL STAFF WORKING TOGETHER TO HELP	FRESHLY COOKED MEALS	COMPLIMENTS
TEACHERS EATING WITH CHILDREN	ABLE TO TRY NEW FLAVOURS AND FOODS	LAUGHTER & CHATTER

Shout out to Kerry the Chef at St Joseph the Worker Primary who goes above and beyond! As part of the programme Kerry has been trialling beetroot in her cakes, making them a fun pink colour! Pupils have been trying to guess what makes the cake pink, which helps encourage the pupils to give it a go!

All Saints -Year 7 Healthy Eating Workshops

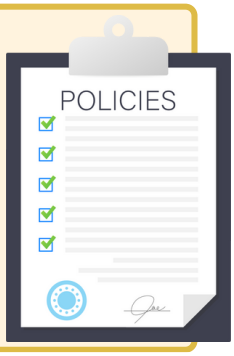
This month Healthy Schools and MYA delivered healthy eating sessions to Year 7 pupils at All Saints High School. The sessions aimed to educate pupils on the basics of nutrition and how to apply that knowledge to choose healthier items on the school menu. Pupils also got the chance to feedback on the school menu and bring forward their ideas to make healthier items more accessible. There was also lots of samples of the new fruit pots!





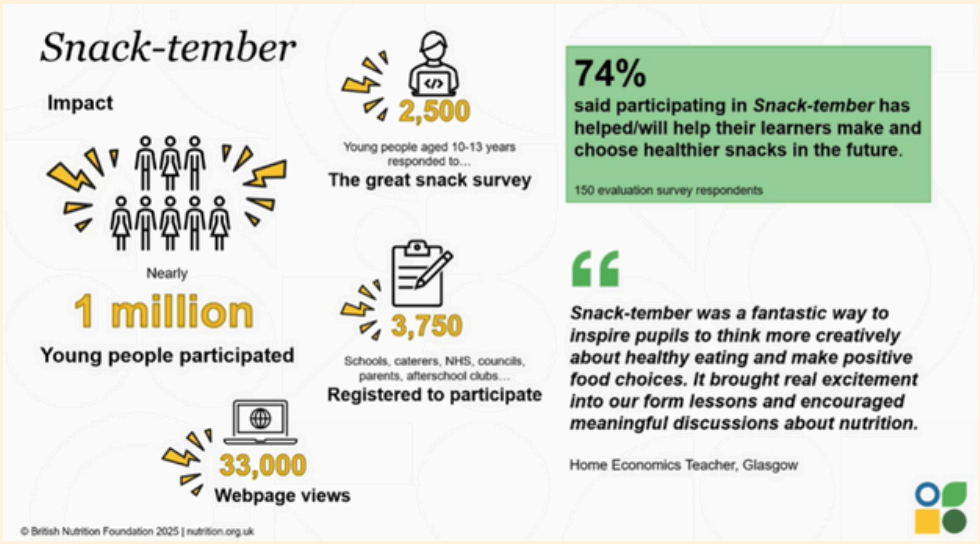
Whole School Food Policy Template

Attached with this months newsletter is a Whole School Food Policy your school may wish to implement. The aim of the policy is to set out a clear and consistent approach to food and nutrition across the entire school community. The template covers, school meals, packed lunches, snacks, breakfast & afterschool clubs, allergies, events, food as reward and food hygiene.
This would be useful to those schools working towards Silver.



Well done to all schools that engaged in Snack-Tember!

Feedback from The British Nutrition Foundations first Snack-tember campaign is in! Thank you to all those schools that took part!





Knowsley Working Well Programme

Working Well is a Knowsley Public Health initiative delivered by Knowsley Chamber of Commerce. The aim is to improve the health and wellbeing of staff within local businesses.
The scheme involves signing up one or more staff members to become Workplace Health and Wellbeing Champions. This means they will be added to the mailing list and they will be the point of call for Working Well. Grants are also on offer to Knowsley based businesses with 2–249 employees. Unfortunately, council funded schools are not eligible for the grant, but they can access all other elements of the Working Well programme. This includes our Standards Assessment, signposting to support, social value opportunities and events!
To find out how you can get support for your staff wellbeing contact:
workingwell@knowsleychamber.org.uk

workingwell
good health is good business

Knowsley Chamber

Simply Veg- Great website for parents!

Simply Veg has a fantastic website to support parents in getting their children to eat more vegetables. Developed by Nutritionist the page has lots of resources and information to support healthy eating habits. From snacks, batch cooking tips and recipes, reward charts and supporting children who are neurodiverse. Simply Veg!

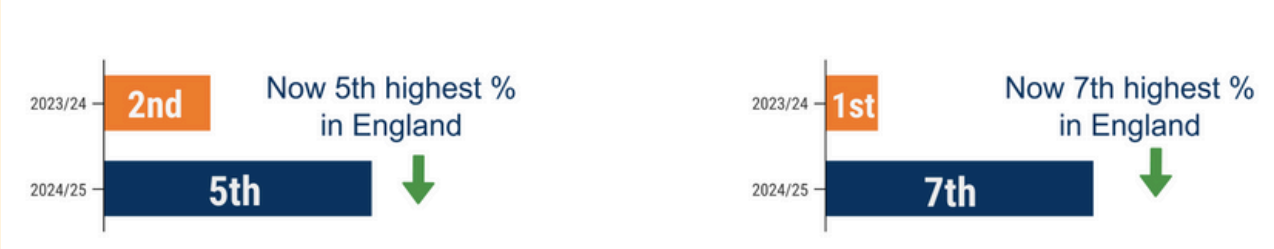


VEGPOWER

Knowsley's NCMP data for 24/25 has been published

A first look at our National Child Measurement Programme data shows some promising results for Knowsley and has recently been shared across Knowsley News. The article shares the latest data for reception and year 6 pupils. Article can be accessed here: Knowsley News

Reception



Year 6