



Health and wellbeing team training calendar 2020 - 2021



Date	Course title	Description	Time	Venue	How to book	Contact
September 2020						
09/09/20	Session 1 Health and wellbeing: supporting children under five and their families	This training will provide an overview of the key issues for young children and their families' health in Islington: healthy eating, physical activity, emotional health and well-being of children and parents, oral health, breast-feeding and adult health such as smoking cessation and mental health. The overview, discussion and signposting information will be useful to all practitioners working with under-fives and their families, including those that have registered to complete HEYL (Healthy Early Years London.)	9.30 – 1.00	MS Teams	Islington CS Early Years and Childcare Training	jane.schofiel@islington.gov.uk
16 /09/20	Session 2 Health and wellbeing: supporting children under five and their families	See session 1	9.30 – 1.00	MS Teams	Islington CS Early Years and Childcare Training	jane.schofiel@islington.gov.uk
30/09/20	PE leads network meeting	An opportunity to meet the PE, school sport and physical activity (PESSPA) team, share practice, discuss guidance and jointly problem solve PESSPA dilemmas.	4.00 – 5.30	MS Teams	Email Dave Bateman for link to session and further info	Dave.bateman@islington.gov.uk
October 2020						
01/10/20	Healthy schools quality assurance deadline	Deadline to submit review, action plan or report for the Healthy Schools London bronze, silver or gold awards.			Healthy schools team	
07/10/20	Food growing forum – school / children's centres	The food growing forum provides a great opportunity for staff at Islington schools and early years settings to share information, ask questions and network with other educational settings who do food growing at their setting. Please attend if you are interested in food growing or are an experienced food grower already.	4.00 – 5.30	MS Teams	Islington CS	marjon.wille@islington.gov.uk
08/10/20	Health and wellbeing hub	Speak to the team: PESSPA – Healthy Schools – PSHE – RSE – Healthy Early Years – Families for Life	1.00 - 4.30 last appointment	MS Teams	Email to request a time (on the half hour), naming the	faridah.webster@islington.gov.uk

Date	Course title	Description	Time	Venue	How to book	Contact
					team or teams, you would like to meet. We will send you an MS Teams invite to join.	
29/10/20	Healthy schools quality assurance deadline	Deadline to submit review, action plan or report for the Healthy Schools London bronze, silver or gold awards.				Healthy schools team
November 2020						
11/11/20	Small Steps for Big Change for Early Years	Small Steps for Big Change training provides an overview of healthy weight, healthy life messages. Attendees are provided with Small Steps for Big Change guide and resources to use when working with parents around this health priority.	9.30 – 12.30	MS Teams	Islington CS	marjon.wille@islington.gov.uk
18/11/20	PE leads network meeting	An opportunity to meet the PE, school sport and physical activity (PESSPA) team, share practice, discuss guidance and jointly problem solve PESSPA dilemmas.	4.00 – 5.30	MS Teams	Email Dave Bateman for link to session and further info	Dave.bateman@islington.gov.uk
18/11/20	Healthy schools quality assurance deadline	Deadline to submit review, action plan or report for the Healthy Schools London bronze, silver or gold awards.				Healthy schools team
19/11/20	Families for Life and Family Kitchen primary school training	Families for Life healthy lifestyles training. This training will focus on the key messages to share with families when running a Families for Life programme or any other work you do with families	1.30 – 3.30	MS Teams	Islington CS	marjon.wille@islington.gov.uk
26/11/20	Health and wellbeing hub	Speak to the team: PESSPA – Healthy Schools – PSHE – RSE – Healthy Early years – Families for Life	1.00 - 4.30 last appointment	MS Teams	Email to request a time (on the half hour), naming the team or teams, you would like to meet. We will send you an MS Teams invite to join.	faridah.webster@islington.gov.uk
December 2020						

Date	Course title	Description	Time	Venue	How to book	Contact
09/12/20	Healthy schools quality assurance deadline	Deadline to submit review, action plan or report for the Healthy Schools London bronze, silver or gold awards.				Healthy schools team
11/12/20	Voluntary food and drink guidelines training for early years	The food growing forum provides a great opportunity for staff at Islington schools and early years settings to share information, ask questions and network with other educational settings who do food growing at their setting. Please attend if you are interested in food growing or are an experienced food grower already.	1.00 – 3.00	MS Teams	Islington CS	marjon.wille rs@islington.gov.uk
11/12/20	Menu workshop for early years	The menu workshop is only suitable for staff who have attended the food and drink guidelines training on the same day or previously. It will be a supportive time to review your menu or start developing a new menu.	3.00 – 4.00	MS Teams	Islington CS	marjon.wille rs@islington.gov.uk
January 2021						
13/01/21	Healthy schools quality assurance deadline	Deadline to submit review, action plan or report for the Healthy Schools London bronze, silver or gold awards.				Healthy schools team
26/01/21	Families for Life Small Steps and Family Kitchen early years training	Families for Life Small Steps and Family Kitchen Early Years training will equip staff to set up and deliver Families for Life Early Years programmes designed to support families to feel good and live well. Both the five week Small Steps programme and the updated six-week Family Kitchen programme for early years will be covered at this training. Families for Life programmes provide a really good opportunity to enhance your work with parents.	9.30 – 4.00	Community centre tbc	Islington CS	marjon.wille rs@islington.gov.uk
28/01/21	Health and wellbeing hub	Speak to the team: PESSPA – Healthy Schools – PSHE – RSE – Healthy Early years – Families for Life	1.30 - 5.30 last appointment	MS Teams	Email to request a time (on the half hour), naming the team or teams, you would like to meet. We will send you an MS Teams invite to join.	faridah.webster@islington.gov.uk
February 2021						
02/02/21	Small Steps for Big Change for early years	Small Steps for Big Change training provides an overview of healthy weight, healthy life messages. Attendees are provided with Small Steps for Big Change guide and resources to use when working with parents around this health priority.	1.00 – 4.00	Laycock Centre	Islington CS	marjon.wille rs@islington.gov.uk

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03/02/21	Healthy schools quality assurance deadline	Deadline to submit review, action plan or report for the Healthy Schools London bronze, silver or gold awards.				Healthy schools team
04/02/21	Families for Life and Family Kitchen primary school training	Families for Life practical training. This training will provide you with the practical skills to run Family kitchen programme for your families with children age 5 – 11 years old. You will be preparing and cooking a meal	9.30 – 1.30	Tbc	Islington CS	marjon.wille@islington.gov.uk
March 2021						
11/03/21	Food growing forum – school / children’s centres	The food growing forum provides a great opportunity for staff at Islington schools and early years settings to share information, ask questions and network with other educational settings who do food growing at their setting. Please attend if you are interested in food growing or are an experienced food grower already.	4.00 – 5.30	At a school / children’s centre	Islington CS	marjon.wille@islington.gov.uk
19/03/21	Voluntary food and drink guidelines training for early years	This training covers the importance of healthy food for the under 5s, what the statutory duty is as part of the early years foundation stage and what this looks like for meals and snacks served at the setting.	1.00 – 3.00	Laycock Centre	Islington CS	marjon.wille@islington.gov.uk
19/03/21	Menu workshop for early years	The menu workshop is only suitable for staff who have attended the food and drink guidelines training on the same day or previously. It will be a supportive time to review your menu or start developing a new menu.	3.00 – 4.00	Laycock Centre	Islington CS	marjon.wille@islington.gov.uk
25/03/21	Health and wellbeing hub	Speak to the team: PESSPA – Healthy Schools – PSHE – RSE – Healthy Early years – Families for Life	1.00 - 4.30	MS Teams	Email to request a time (on the half hour), naming the team or teams, you would like to meet. We will send you an MS Teams invite to join.	faridah.webster@islington.gov.uk
April 2021						
29/04/21	Small Steps for Big Change for early years	Small Steps for Big Change training provides an overview of healthy weight, healthy life messages. Attendees are provided with Small Steps for Big Change guide and resources to use when working with parents around this health priority.	9.30 – 12.30	Laycock Centre	Islington CS	marjon.wille@islington.gov.uk

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29/04/21	Health and wellbeing hub	Speak to the team: PESSPA – Healthy Schools – PSHE – RSE – Healthy Early years – Families for Life	1.00 - 4.30	MS TEAMS	Email to request a time (on the half hour), naming the team or teams, you would like to meet. We will send you an MS Teams invite to join.	faridah.webster@islington.gov.uk
May 2021						
13/05/21	Families for Life Small Steps and Family Kitchen Early Years training	Families for Life Small Steps and Family Kitchen Early Years training will equip staff to set up and deliver Families for Life Early Years programmes designed to support families to feel good and live well. Both the five week Small Steps programme and the updated six-week Family Kitchen programme for early years will be covered at this training. Families for Life programmes provide a really good opportunity to enhance your work with parents.	9.30 – 4.00	Community centre tbc	Islington CS	marjon.willems@islington.gov.uk
05/05/21	Food growing forum – school / children’s centres	The food growing forum provides a great opportunity for staff at Islington schools and early years settings to share information, ask questions and network with other educational settings who do food growing at their setting. Please attend if you are interested in food growing or are an experienced food grower already.	4.00 – 5.30	At a school / children’s centre	Islington CS	marjon.willems@islington.gov.uk
June 2021						
27/06/21	Health and wellbeing hub	Speak to the team: PESSPA – Healthy Schools – PSHE – RSE – Healthy Early years – Families for Life	1.00 - 4.30 last appointment	MS Teams	Email to request a time (on the half hour), naming the team or teams, you would like to meet. We will send you an MS Teams invite to join.	faridah.webster@islington.gov.uk
July 2021						
09/07/21	Voluntary food and drink guidelines training for early years	This training covers the importance of healthy food for the under 5s, what the statutory duty is as part of the early years foundation stage and what this looks like for meals and snacks served at the setting.	1.00 – 3.00	Laycock Centre	Islington CS	marjon.willems@islington.gov.uk

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09/07/21	Menu workshop for early years	The menu workshop is only suitable for staff who have attended the food and drink guidelines training on the same day or previously. It will be a supportive time to review your menu or start developing a new menu.	3.00 – 4.00	Laycock Centre	Islington CS	marjon.wille@islington.gov.uk