

Tower Hamlets Healthy Lives update



PLEASE FORWARD TO ALL TEACHING STAFF and PARENT CONTACTS

The Healthy Lives Team Families update contains helpful information and activities for your whole school community

This is the FAMILIES newsletter from The Healthy Lives Team. Each Friday we share relevant information, activities and resources to support your ongoing health and wellbeing.

The HEALTHY LIVES TEAM supports schools, pupils and families with everything to do with health and wellbeing. We want to help you live fitter, healthier and happier lives.

We have a [Healthy Lives Team webpage](#) where you can find out more about the team and access Healthy Schools resources and all our archived newsletters.



Sleep and mental health session

The Healthy Lives Team will be hosting a free online webinar on **Thursday 11th February from 10-11am** which will provide practical, easy to understand knowledge about sleep, interesting facts and a range of strategies and tips to take away and apply that very same evening!

The webinar will cover topics such as the importance of sleep, identifying barriers to sleep, sleep cycles, routines and much more.

Please email sultanax.begum@towerhamlets.gov.uk to book your place.



Online sessions for parents on raising resilient children

Raise Resilience is supporting parents to help their children now and beyond the pandemic. Join six 1-hour sessions to explore and build your resilience and get learning materials for your children. The sessions are free for parents who live or work in London.

[Book now >](#)

And remember...



"Look at people for an example, but then make sure to do things your way. Surround yourself with positive people."

Queen Latifah



The Healthy Lives Team

The Healthy Lives Team want to support you with all aspects of health and wellbeing. We send regular newsletters that are relevant whether you are at school, work, or at home.

Please feel free to share this email.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible and please share this newsletter using your social media or website using the **share** button, or you can click the hyperlink in the top right corner of this email:



Subscribing to this newsletter

Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

If you or anyone you know would like to sign up to this newsletter, please use the following link.

[Subscribe to the Healthy Lives Families newsletter >](#)

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.