



Dear Parents/ Carers

As part of Children's Mental Health Week 6th -12th February 2017 Halton Health Improvement Team is launching the **Great Halton Bake Off** which will be raising awareness on how important our mental health is.

We all know someone going through a tough time, and it can be hard to know what to do to help. It may sound simple but in these moments, small acts of kindness can make all the difference. That is why the aim of Children's Mental Health week is to encourage adults and children to "**spread a little kindness**"

Trying something new can really help improve your mental health and wellbeing and cooking a healthy treat is a great way to get the whole family involved.

To show your support we are inviting you and your child/children to take part in the Great Halton Bake Off which is open to all Primary schools.

How to Get Involved

1) Choose from one of our three fabulous recipes provided by change for life
www.nhs.uk/change4life-beta/recipes -

Carrot and Courgette Muffins, Cherry Berry Crumble or Carrot and Sultana Scones. Please only use these 3 recipes

2) Bake at home- No baking needs to come in school this is purely something to enjoy as a family and talk about/taste at home

3) Then take a photo of your baking and post it on Twitter/Facebook tag your school name and #5ways, #Haltonbakeoff or you could email it to your school.

Sec.stmartins@halton.gov.uk

One winner from each school will be invited to the final bake off which will take place on 15th May 2017 at Halton Stadium

Help us spread the word and get everyone talking about their mental health and enjoy baking☺

