



5 GREAT
ways to mental wellbeing

The Great Halton Bake Off!

We're inviting primary schools across Halton to get involved in our Great Halton Bake Off.

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.

Rules

- Open to all pupils and their families
- Choose from one of our three fab recipes
- Bake it at home and take a picture
- Share your pictures on social media or by email



Closing date 27th April 2017

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

Share your pictures with your school here:

#5Ways #HaltonBakeOff