



SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

Training and Learning Opportunities

www.SAPHNA.co

CHILDREN AND YOUNG PEOPLE'S NUTRITIONAL HEALTH TRAINING FOR SCHOOL NURSING SERVICES

As a recognised global leader in school and public health nursing training, SAPHNA are delighted to offer two separate one-day training sessions:

One day focused on primary aged children and one day on high school aged young people. If both the children's and the young people's training sessions are required, this can be condensed across one and a half days. Ideally these condensed sessions will have a short gap in-between them; we can tailor this according to your needs.

This training is currently being delivered online using Microsoft Teams with a view to transition to a hybrid offer, including a face-to-face option once possible. It will be delivered by two highly experienced SAPHNA trainers.

This training is an output of research funded by the Burdett trust for Nursing, is very well evaluated and has recently undergone a rigorous review, update, and pilot with very positive results. It is suitable for all levels of skill-mix working in school health/nursing services with a maximum capacity of 25 trainees.

Briefly, the training includes:

- The challenge of healthy eating and healthy nutrition in children and young people; food, nutrition, and healthy lifestyles
- The policy and causation context
- The National childhood measurement programme
- Eating well for primary and high school children and young people (5-19/24 yrs)
- Healthy weight pathways
- Assessment and intervention

For any further enquiries, please contact: info@saphna.co

