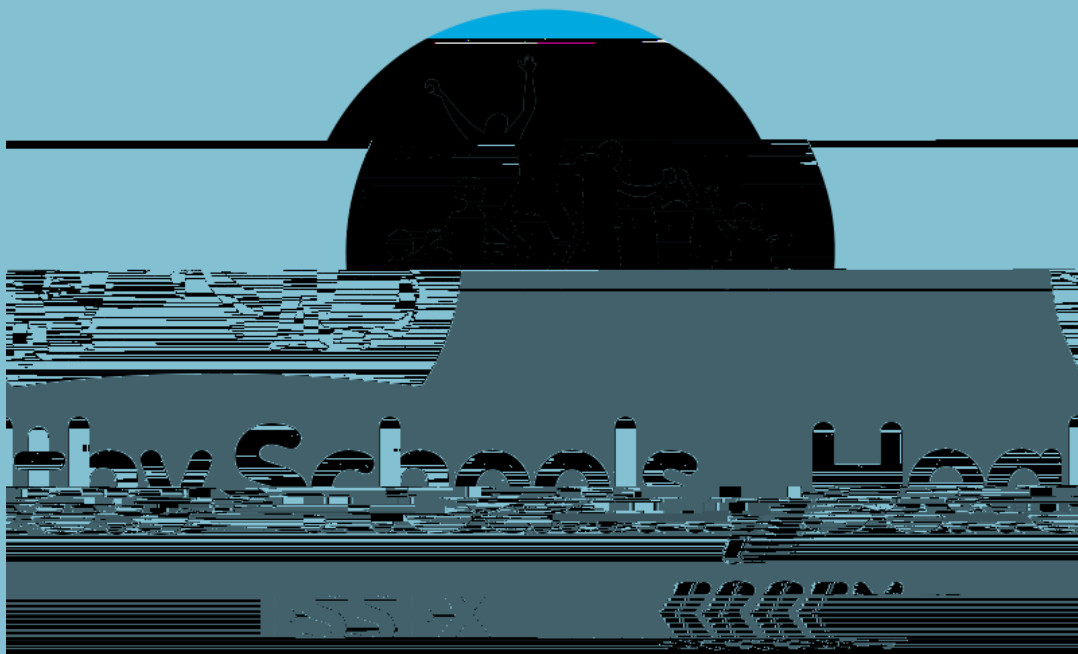




An important Healthy Schools message from Essex Child & Family Wellbeing Service

Subject: Winter Wellbeing
Date: December 2021
Issue: No. 30

Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on Winter Wellbeing!



Family Wellbeing

[Healthier together](#) is a fantastic resource for parents created by the Royal College of