



SCHOOL AND PUBLIC HEALTH NURSES ASSOCIATION

Training and Learning Opportunities

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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 its Children and Young People's Nutritional Health training.

The training will be delivered remotely on Microsoft Team across two sessions, both of which are to be attended, on the following dates:

- Wednesday 6th December 2023 – 9.30am to 4pm
- Wednesday 13th December 2023 – 9.30am to 4pm

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 a 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 health 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

Cost of training is £240 for general public or £192 for members of SAPHNA

For any further enquiries please contact info@saphna.co

