

# North Yorkshire Healthy Early Years Award Spring & Summer 2025 Newsletter

Welcome back to the second addition of the Healthy Early Years Newsletter.

**The aim of this newsletter is to update all Early Years providers on the amazing progress of the North Yorkshire Healthy Early Years Award and how all Early Years Providers in North Yorkshire can get involved for FREE and gain well deserved recognition for their commitment to the health and wellbeing of both children and staff.**

There is also information about a range of health and wellbeing opportunities and signposting to supporting resources.



**Healthy Early Years**  
North Yorkshire



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The North Yorkshire Healthy Early Years Award Schools Programme continues to go from strength to strength. The aim of the programme is to support Early Years providers to develop and embed a whole-setting approach to support the health and wellbeing of children and staff. The programme is fully funded by public health so free for all North Yorkshire day nurseries, playgroups, pre-schools, childminders who work on their own, childminders with assistants or childcare on domestic premises.

To apply for the award, early years settings provide evidence of how they are meeting each of the criteria for the theme they are applying for. Criteria were developed based on evidence-based practice.

If you have any questions or would like to discuss any aspects, please contact the Healthy Early Years Programme team via email [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

### Healthy Early Years Themes

There are three key themes (plus staff wellbeing), that settings can work to achieve:

- Active Lives
- Healthy food
- Personal, Social and Emotional Development (PSED) and Emotional Health & Wellbeing
- Staff Wellbeing – for Silver and Gold level

These themes can be achieved in any order. Achieving the criteria for one theme is a Bronze award, two themes and staff wellbeing a Silver award and all three themes for the Gold award.



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More information about the Healthy Early Years Award is available via the website <https://healthyschoolsnorthyorks.org/> and this is where new North Yorkshire Early Years providers can register for the award.

Please do get in touch at any time to ask for help at [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

**We really recommend that Early Year Providers attend the FREE ‘Getting Started Training’ to enable a successful submission for a Healthy Early Years Award.** This training is aimed at early year providers newly signed up to the programme or colleagues that have previously registered but need a re-refresh of how to achieve an award.

Date	Course Code
1:30-2:30pm on Tuesday 25th February 2025	SI-0225-T011
6:30-7:30pm on Tuesday 25 <sup>th</sup> February 2025	SI-0225-T012
1:30-2:30pm on Monday 16 <sup>th</sup> June 2025	SI-0625-T013
6:30-7:30pm on Monday 16 <sup>th</sup> June 2025	SI-0625-T014

To apply for any of the training below please go to North Yorkshire Education Services (NYES) <https://nyes.info/>. If you have any questions or need help using the site call the NYES team on 01609 533 222 Or email [nyes@northyorks.gov.uk](mailto:nyes@northyorks.gov.uk)

**The next submission date for an award is the 25<sup>th</sup> April 2025 with further dates coming for September 2025 and January 2026.**

*“The training was really useful and easy to follow”*

*“We are extremely satisfied with the North Yorkshire Healthy Early Years award programme”*

With over 120 Early Year providers now registered with the Healthy Early Years Award we are receiving some fantastic submissions for the award. These are just a few examples to showcase what other providers have submitted for each of the themes.



A role play area focused on healthy teeth and visiting the dentist.

A positive display about healthy eating and different fruit and vegetables.



A 'self-service' water and fruit snack station for the children to access themselves.



*"Families are really supportive at the setting and love our take home bags we have created to help support them at home around certain topics or areas of development"*



To support the children's PSED development there is a designated area to express themselves and explore their emotions.





**[Healthy Early Years Website](#)** – Have you checked it out yet? The following pages are open access (you don't have to register with the award to access the information)

- features a [range of resources](#) to support each of the themes
- information about a [range of training](#) to support the themes and where available free e-learning from a range of partners (e.g North Yorkshire Sport e-learning modules) and national organisations
- information to support the 'front door offer' for child and family health promotion programme to support early year providers access a range of services to support a [child's health needs](#) such as hearing tests and mental health guidance
- [Family Information Pages](#) for a range of information that can be shared with families

### Further updates and Information

There are a wide range of awareness days and weeks Below are some that are coming up soon, but more can be found [here](#)

<p>24<sup>th</sup> May – 1<sup>st</sup> June 2025</p> <p><b><u><a href="#">National Children's Gardening Week</a></u></b></p> <p>The aim of National Children's Gardening Week is to inspire children's curiosity, whilst the warm weather is a great time to see speedy results of seed sowing, planting and other gardening activities.</p>
<p><b><u><a href="#">Child Safety Week</a></u></b></p> <p>Monday 2nd to Sunday 8th June 2025</p>
<p style="text-align: center;"><b>Solihull FREE Parenting Courses</b></p> <p>The Solihull Approach courses are available to all families living in North Yorkshire. All that is needed is a North Yorkshire postcode to benefit. Go to <u><a href="http://www.inourplace.co.uk">www.inourplace.co.uk</a></u> and use the code NYFAMILIES to access the courses. There are lots of different courses for parents of children of all ages.</p>



**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH

**ourplace**

**North Yorkshire**  
Council

**Online courses available for parents  
FREE for North Yorkshire families and carers**

- 1. Understanding pregnancy, labour, birth and your baby**  
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.
- 2. Understanding your baby**  
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.
- 3a. Understanding your child (0-19 yrs) (main course) or 3b. Understanding your child with additional needs**  
Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.
- 4. Understanding your teenager's brain (short course)**  
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

[solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
(+44) 0121 296 4448

[www.inourplace.co.uk](http://www.inourplace.co.uk) [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)




**The Solihull Approach was  
Developed by Psychologists,  
Psychotherapists, Health Visitors  
& NHS and Education Professionals**



# Anna Freud

## Early Years in Mind

A free online network for early years practitioners.

[Early Years in Mind](#) is a free online network for early years practitioners. The network provides easy to read and easy to use guidance on supporting the mental health of babies, young children and their families.



**Dingley's Promise**  
Transforming the Early Years for children with SEND

Empowering early years practitioners to deliver inclusive practices by [upskilling them through training and shared information/learning resources](#). It is expected that the training will increase learners' awareness of the needs of all children, especially those with SEND, and their confidence in supporting the learning and well-being of all children in their setting.



**Healthy Early Years**

**Healthy packed lunch guidance for parents/  
carers with young children (2-5 years old)**



**NORTH YORKSHIRE COUNCIL**

A healthy packed lunch will give young children the energy and nutrition they need to get the most from their day - helping them to grow and develop, learn and play, be healthy and happy.

Packed lunches for children aged 2-5 years old should be made up of foods from the main food groups in the Eatwell Guide <https://www.nhs.uk/eatwellguide/> and portions should be appropriate for a child's age and size. This will ensure every young child has a healthy and nutritionally-balanced lunch. NB: The Eatwell Guide does not apply to children under the age of 2 because they have different nutritional needs. <https://www.nhs.uk/eatwellguide/baby/learning-and-feeding/baby-first-solid-food/>

**What should I include in my child's healthy packed lunch?**

- STARCHY CARBOHYDRATE** (for 2 portions per meal)
  - bread, rolls, pizza, bagels, rolls, baguette
  - rice or couscous, noodles, grain pasta - avoid flavoured instant packet products and lentil canned pasta
  - potatoes
  - oatcakes, rice cakes or crackers
  - Avoid very high fibre foods
  - Check you aren't giving too much!
- DAIRY FOOD (or non-dairy alternative)** (at least 1 portion of milk or dairy foods, or alternatives per meal)
  - cheese - hard, soft, spread (avoid blue cheese and mould-ripened cheese) and cut cheese into strips/nub chunks
  - yoghurt or fromage frais
  - milk (avoid UHT/ultra-processed). Whole milk is recommended
  - custard
  - non-dairy alternatives (use unsweetened options). Children under the age of 5 should not be given rice drinks. Avoid foods which are low fat, sweetened with artificial sweeteners (often labelled 'low sugar')
  - Good for healthy bones and teeth!
- FRUIT (fresh, frozen or tinned)**
  - apple
  - banana
  - satsuma
  - pear
  - plum
  - cherry
  - tomatoes (cut into quarters)
  - melon (cut into slices, not chunks)
  - grapes (cut into quarters)
  - Remove any pesticides before serving fruit. Wash fruit and vegetables prior to preparing. Ensure canned fruit is in juice not syrup.
- VEGETABLES OR SALAD**
  - vegetable sticks (e.g. carrot, cucumber, pepper)
  - salad in sandwiches
  - vegetable soup
  - Baked beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar
  - If you are using canned products, choose those without added sugar and salt.
  - Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'
  - Now ready to portion to one child sized handful.
- PROTEIN**
  - meat e.g. sliced lean beef, chicken, or beef in a sandwich (cut sausages into strips and remove skin)
  - fish - preferably try to include oily fish e.g. smoked mackerel, sardines, pilchard, and salmon
  - eggs (ensure eggs are fully cooked)
  - lentils, beans, chickpeas
  - alternative meat free option
  - Try to limit processed foods e.g. sausage, meatballs, fish fingers, fish cakes, sausage rolls
  - Helps your body to grow and develop

**Me-sized meals**  
Young children don't need as much food as teenagers and adults. When they

**North Yorkshire Healthy Packed Lunch guidance** for parents/ carers with children aged 2-5 free to download [here](#)

*Information for EY providers to share with parents & carers to encourage a healthy packed lunch.*

**Family Food**  
Helping North Yorkshire Families to access healthy food

**Worried about the cost of food?**  
We want to give you the best support, if you're struggling with the cost of food and worried about feeding your family healthy meals.

**Foodbanks**  
Enter your postcode to find your local foodbank. Food banks can help with food, clothing, bank accounts, debts, welfare and opening letters.

**Free School Meals**  
You could **save up to £450 a year** with free school meals for your child. As well as saving you money, free school meals can also help you lose and provide peace of mind for your child as enjoying a healthy, fresh, and nutritious meal at lunchtime.

**Healthy Start**  
With the NHS Healthy Start scheme, you could be entitled to weekly support towards:  
• Fruit  
• Milk  
• Infant formula milk  
• Fish  
• Healthy Start vitamins

**North Yorkshire Family Food Leaflet free to download [here](#)**

Helping North Yorkshire families to access healthy food

**Healthy Eating Guidelines for Early Years**  
Produced for Early Years Providers in North Yorkshire

**Aim of this Document**  
The aim of this document is to help early years providers with serving the right types and amounts of foods for young children. The document summarises the key points from national healthy eating guidance for early years settings (please see reference links at end of this document).

**Key Message**  
Food provided in early years settings should:  
• provide appropriate amounts of energy and nutrients to support growth and development AND  
• ensure every child has an opportunity to develop healthy eating habits for life.

Food Groups	Examples of Food included	Main Nutrients Provided	Recommended Servings each Day
<b>Starchy carbohydrates</b>	Bread, potatoes and sweet potatoes, pasta, rice, other grains, breakfast cereals, including whole and parsnips, bread including seeds and bagels, pasta, noodles, rice, other grains, breakfast cereals.	Carbohydrates, fibre, B vitamins and iron	<b>Four portions</b> Provide a portion as part of each meal (breakfast, lunch and tea) and as part of at least one snack each day.
<b>Fruit and vegetables</b>	Fresh, frozen, canned, and dried fruit, including apples, grapes*, pears and oranges, vegetables including carrots, broccoli, peppers and sweetcorn, and pulses including peas, lentils, kidney beans and chickpeas.	Carotenoids (a form of vitamins A, vitamin C, zinc, iron, and fibre)	<b>Five portions</b> Provide a portion as part of each meal (breakfast, lunch and tea) and with some snacks.
<b>Proteins</b>	Meat including pork and beef (excluding offal), chicken and turkey, fish including cod, salmon and salmon, shellfish including prawns, eggs, meat alternatives including Quorn, beans, pulses, nuts**	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	<b>Two portions</b> Provide a portion as part of lunch and tea (two to three portions for vegetarian or vegan children)

Along with **North Yorkshire Healthy Eating Guidance for Early Years providers** free to download [here](#)

*Guidelines from the Public Health & the Healthy Early Years programme team to support serving healthy food in your early years setting.*

Healthy Eating Week is being transformed into a month-long event. In September 2025, they will be celebrating... **Snack-tember!**

The aim of Snack-tember is to help children and young people have healthier snacks. **But they do have healthy eating week resources for early years from the 2024 campaign available [here](#)**

**NHS**

**We can help you buy fresh, frozen or tinned vegetables**

Apply for your prepaid Healthy Start card now at:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Early Years Providers may like to promote to families the **Healthy Start Scheme**

If one of your families is more than 10 weeks pregnant or have a child under 4, they may be entitled to get help to buy healthy food and milk.

More information about the scheme can be accessed [here](#)

**Healthy Start vitamins can also be provided** if a person is eligible for the Healthy Start Card.

**Vitamin tablets** are available to pregnant women from 10 weeks pregnant and up until the baby's first birthday and whilst breastfeeding.

Free **Vitamin drops** for babies and children up to the age of 4 (babies receiving infant formula over 500ml a day do not require additional vitamins as it is included in formula).

**For information on where to collect vitamins from visit the [healthy start website](#)**



### **BBC – Tiny Happy People**

A useful website to signpost families to focused on improving language and communication and bonding with their child through a range of activities, tips and advice and how children's brains develop.

If you have any questions or would like to discuss any aspects, please contact the Healthy Early Years Programme via email [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

### **Congratulations to the Early Years Providers who have achieved a Healthy Early Years Award**

#### **Gold award:**

- Dalesplay nursery - Hawes
- Kidz Day Nursery – Ingleton
- Kidz Day Nursery – Hutton Rudby
- Kidz Day Nusery – Middleham
- Kinder Place nursery, Scarborough
- Rachael's childcare
- Sandmartin's Nursery Ltd
- The Young Ones Childminding
- Tiddlywinks, Easingwold
- Wath Court Nursery
- Wharfe Bridge Day Nursery
- Childhaven community nursery
- Cliff pre school
- Filey Childcare
- Wheatcroft pre school

#### **Bronze award:**

- Brayton Busy Bees Pre school
- Chipmonks Day Nursery
- Burniston and Cloughton pre school
- Early Explorers, Helmsley
- Greenhedges
- Hackness Playgroup & Forest School
- High Greenbury Childcare, Richmond
- Kirkgate Childcare
- Mel Riches childminding
- Midget Gems Childcare
- Little Learners
- Millhouse pre school (Giggleswick)

- Sharon Collins childminder
- Pickering pre school

