



## North Yorkshire Healthy Early Years Award- how to apply for an award

The Healthy Early Years Award is a free award for all Early Years Providers in North Yorkshire (day nurseries, playgroups, pre-schools, childminders who work on their own, childminders with assistants or childcare on domestic premises).

Engaging in the award is great way to gain recognition for the settings approach to health and wellbeing with the specific themes of:

- Active Lives
- Healthy Eating
- PSED& Emotional Health and Wellbeing
- Alongside Staff Wellbeing.



The aim of this document is to guide you through the Healthy Early Years Website and how to make a submission for an award. 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.**

### Training

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. All training is free and upcoming training dates can be accessed [here](#)

*“I found the training very helpful, and it was nice to know that there are people to contact should we need further assistance. There were lots of useful links and ideas”*

Date	Course Code
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
1:30-2:30pm on Tuesday 25 <sup>th</sup> November 2025	SI-OM-1125-T004
6:30-7:30pm on Tuesday 25 <sup>th</sup> November 2025	SI-OM-1125-T005

1:30-2:30pm on Thursday 5 <sup>th</sup> February 2026	SI-OM-0226-T004
6:30-7:30pm on Thursday 5 <sup>th</sup> February 2026	SI-OM-0226-T005
1:30-2:30pm on Monday 11 <sup>th</sup> May 2026	SI-OM-0526-T002
6:30-7:30pm on Monday 11 <sup>th</sup> May 2026	SI-OM-0526-T003

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)

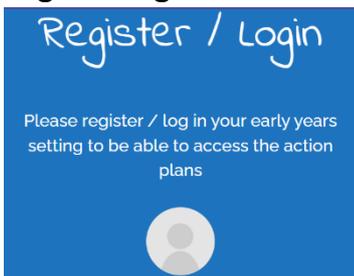
### Healthy Early Years Website

The Healthy Early Years Award website can be found at <https://healthyschoolsnorthyorks.org/> and this is where new North Yorkshire Early Years providers can register for the award, access all the key documents and make a submission for an award.

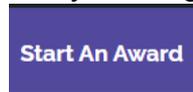
### Submission dates

There are three submission dates each year for the award in: April, September and January. For the upcoming dates please click [here](#)

### Registering for the Healthy Early Years Award [click here](#)

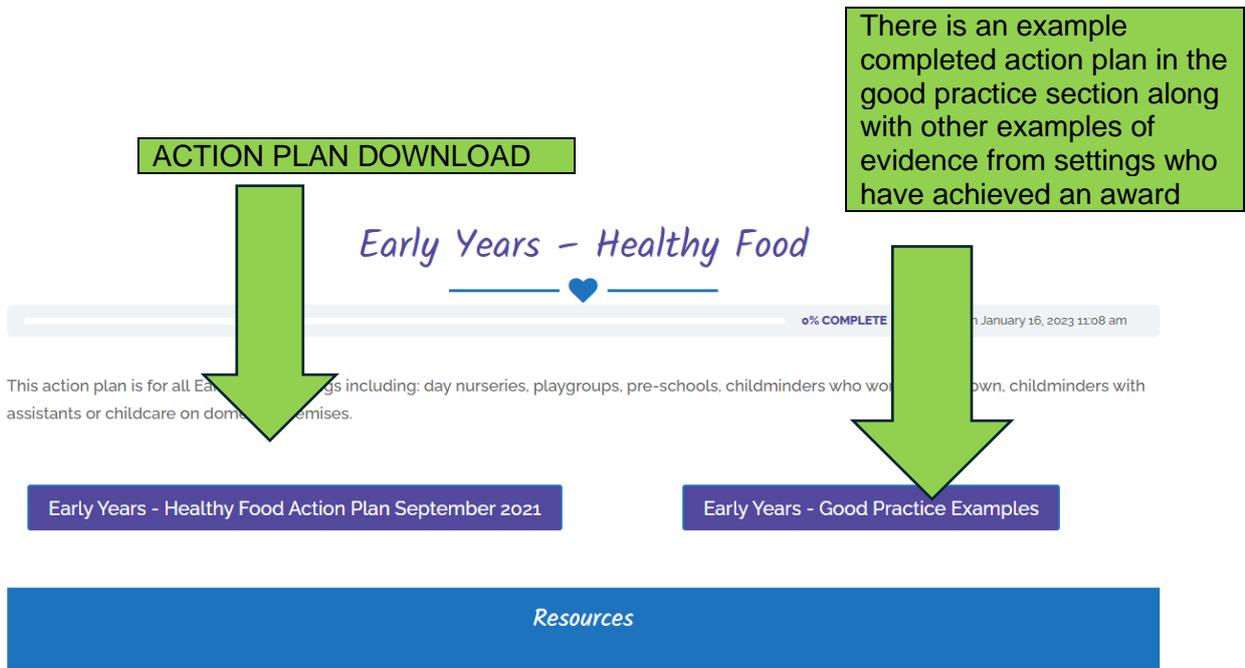


Fill in the details requested. The registration comes through the Healthy Early Years Team so we can approve it as we need to ensure it is a North Yorkshire Early Years Provider. Once registration has taken place you will be able to access the paperwork required for each them by clicking on 'Start An Award'



Click on the theme you would like to get started on. Each theme is set out in the same way. Bronze is one theme, Silver is another theme and staff wellbeing and Gold would be the final theme. The themes can be worked on in any order.

Healthy Early Years Award how to achieve an award via the website. June 2025



Download the action plan to your early year’s providers technology. It is a word document that contains the criteria for that theme and needs to be completed to provide the evidence for your setting for that theme. This is the same process for all the themes.

Criteria to be achieved for Healthy Food theme <b>PLEASE provide information to show that all aspects of the criteria are in place in your school.</b>	Explain how each element of the criteria is already being met/ in place in settings and the IMPACT it is having.	Detail your actions for putting in place, criteria not already being met with timescales. Actions must be complete before applying for an award.
<b>Leaders commitment</b>  The leader(s) of the early years setting champions the importance of healthy eating and ensures meals, snacks and drinks are meeting government requirements as outlined in the EYFS framework and encouraging healthy pack lunches where food is brought in from home.		

The criteria for the theme is in the left hand column. Evidence that is already in place for the criteria is written into the middle column by the early year’s provider. If a criteria has not yet been met information is written into the right hand column with an identified action and timeframe but all aspects need to be in place when submitting for an award.

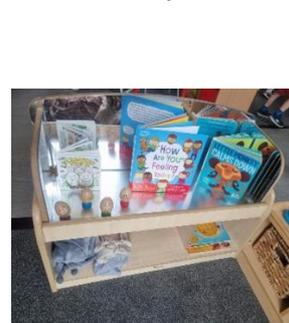
Please only provide the evidence for the theme you are submitting for as part of the theme action plan. We are only requiring short description, impact and photographs to support the submission.

**Please do look at the example completed action plan that can be found in the Good Practice section for each theme.**

This is an example from a Gold Setting for the Healthy Eating Theme (the full action plan can be accessed in the Good Practice Section of the Healthy Eating theme just next to where you downloaded the action plan from)

<b>Criteria to be achieved for Healthy Food theme</b>  <b>PLEASE provide information to show that all aspects of the criteria are in place in your school.</b>	<b>Explain how each element of the criteria is already being met/ in place in settings and the IMPACT it is having.</b>	<b>Detail your actions for putting in place, criteria not already being met with timescales. Actions must be complete before applying for an award.</b>
<b>Leaders commitment</b>  The leader(s) of the early years setting champions the importance of healthy eating and ensures meals, snacks and drinks are meeting government requirements as outlined in the EYFS	The Manager champions healthy eating in setting and has chosen to apply for the Healthy Early Years Award to support us in reflecting on our current practices around healthy foods and lifestyles and to continue to improve our practice. <b>SEE ATTACHMENT – HEALTHY EATING POLICY</b>  <b>SEE ATTACHMENT – WHOLE FOOD POLICY</b>	<ul style="list-style-type: none"> <li>• Review our Healthy Eating Policy – July 2024 <b>(Complete)</b></li> <li>• Develop a Whole-Setting Food Policy to be shared with staff, children and families – July 2024 <b>(Complete)</b></li> <li>• Highlight our Whole-Setting Food Policy at Home Visits</li> </ul>

The majority of evidence is written into the action plan along with supporting photographs to further support the submission which can be inserted into the word action plan.



For some criteria it may state: **EVIDENCE UPLOAD e.g if the setting has developed one a whole setting food policy and / or a statement about their commitment to healthy eating.** This document would be uploaded along with the completed action plan when making the submission for the award. We do not need any further evidence than what is asked for within the action plan and as an evidence upload.

Once your action plan is completed along with having ready all the supporting evidence return to the Healthy Early Years Website and log in using your log in details. Return to Start Award and the theme you have been working on and scroll down to the 'ready to submit your evidence' section. This is where you upload your completed action plan and all supporting documents.

## Ready to submit your Evidence?

*NB please have the correct documents ready to upload as you cannot delete once you have uploaded and submitted a file*

### Award Content

- Please upload a whole setting food policy and / or a statement about your setting's commitment to healthy eating
- Please upload an example of how the healthy eating curriculum links to further activities to promote and support the health and wellbeing of the children
- Please upload some examples to showcase the voice of the child in relation to healthy eating'
- Please upload a statement from the setting that the food and drink is complying to the EYFS regulations
- Please upload a photo of your normal lunchtime environment. If you want to upload more than one photo please copy them into a word document and upload that to reduce the file size. Thank you!
- Please upload your completed Healthy Food action plan

When a document is required to be uploaded. Click on the relevant section e.g completed Healthy Food action plan. This will take you to an upload box. Find the correct file on your early year's technology and upload to the website and 'mark complete'.

*Please upload your completed Healthy Food action plan*

Early Years - Healthy Food > Please upload your completed Healthy Food action plan IN PROGRESS

**Evidence** 0/0 Approved

Upload Evidence (Maximum upload file size: 64M)

Back to Award

Each section will gain a purple tick as you mark them off as completed.

- Please upload your completed Healthy Food action plan
- Online survey 'please complete this survey for our funders

There is a survey to complete to feedback your experience of the Healthy Early Years award. We do appreciate feedback so we know we are getting it right or what improvements could be made.

Healthy Early Years Award how to achieve an award via the website. June 2025

You can also email us at [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk) if you have comments you would like to feedback to us or you have any questions or require further support.

**Healthy Early Years Website – 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

**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)**