

North Yorkshire Healthy Early Years Award



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 and to achieve recognition. 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. **It is a great way to get recognition for a whole-setting approach to health and wellbeing.**

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.

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

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

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. Though once an Early Year Provider has registered with the programme via the website, under each theme they can access a Getting Started Guidance.

Date	Course Code
1:30-2:30pm on Tuesday 25 th November 2025	SI-OM-1125-T004
6:30-7:30pm on Tuesday 25 th November 2025	SI-OM-1125-T005
1:30-2:30pm on Thursday 5 th February 2026	SI-OM-0226-T004
6:30-7:30pm on Thursday 5 th February 2026	SI-OM-0226-T005
1:30-2:30pm on Monday 11 th May 2026	SI-OM-0526-T002
6:30-7:30pm on Monday 11 th 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

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

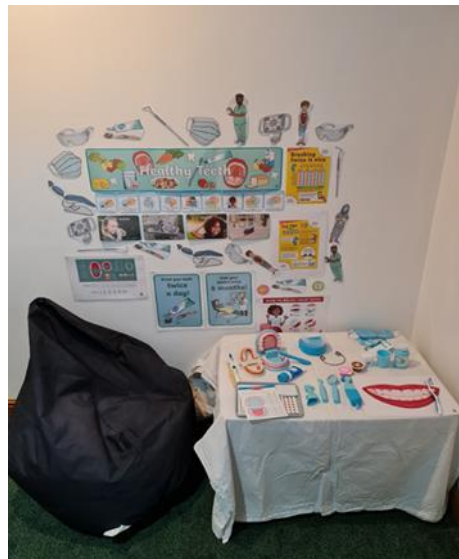
“I found the training very helpful, and it was nice to know that there are people to contact should we need further assistance. There were lots of useful links and ideas”.

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

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

With over 150 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. There are further examples on the Healthy Early Years Website which are accessible under each theme once a provider has registered with the programme [here](#)



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

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



Children growing and cooking with vegetables



Children's confidence and resilience is supported through experiencing using different equipment and resources. Children gain an understanding of using equipment properly to keep themselves safe.



"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 PSSED development there is a designated area to express themselves and explore their emotions.

