

North Yorkshire Healthy Early Years Award Summer 2024 Newsletter

Welcome to the first ever 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 Year Providers in North Yorkshire can get involved.

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



Tiddlywinks nursery in Easingwold was the first Early Years provider to achieve the Gold Healthy Early Years Award

The North Yorkshire Healthy Early Years Award Schools Programme goes from strength to strength from when its launch in November 2021. 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

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.



Healthy Early Years
North Yorkshire



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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

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.

Getting Started on the Healthy Early Years Award

All training runs online and is FREE

Wednesday 26th June 2024, 1:30 -3pm	Course Code: SI-0624-T024
Wednesday 26th June 2024, 6:30-8pm	Course Code: SI-0624-T025

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

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

 <p>Healthy Early Years North Yorkshire</p>	 <p>Healthy Early Years North Yorkshire</p>	 <p>Healthy Early Years North Yorkshire</p>
<ul style="list-style-type: none"> • Burniston and Cloughton pre school • Early Explorers, Helmsley • Green Hedges Day Nursery and Preschool • Hackness & District Under 5s • High Greenbury Childcare, Richmond • Little Learners Nursery Centre • Mel Riches childminding • Midget Gems Childcare • Mill House Pre-school, Giggleswick School • Pickering Preschool Playgroup • Sharon Collins Childminding 	<ul style="list-style-type: none"> • Dalesplay nursery – Hawes 	<ul style="list-style-type: none"> • Cliffe Preschool • Childhaven Community Nursery School • Filey Childcare • Kidz Day Nursery – Ingleton • Kidz Day Nursery – Hutton Rudby • Kidz Day Nusery – Middleham • Kinder Place nursery, Scarborough • Rachael’s childcare • Sandmartin’s Nursery Ltd, York • The Young Ones Childminding • Tiddlywinks, Easingwold • Wath Court Nursery, Hovingham • Wharfe Bridge Day Nursery • Wheatcroft Preschool Playgroup



We are so proud of our setting, we have worked hard as a team to achieve our Bronze, Silver and Gold awards for North Yorkshire Healthy Early Years.

Taking part gave us the opportunity to reflect on and develop our practice by embedding day to day routines and activities that support children’s wellbeing and mental health.

We also found the Staff Well-being unit very helpful as we work every day to support each other so that we are in the best place to care for children’s growth and development.

Kinder Place Day Nursery



Healthy Early Years Website – Have you checked it out yet? The following pages are open access

- 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
- **Parent Information Pages** for a range of information that can be shared with families
- **regular news updates** about up-coming events and training and national awareness days which are supported by a regular X (twitter) feed @ClareHealth



Growing & outdoor learning training

Early years/EYFS and nursery schools along with a free resource pack to take away

16th July 2024: 12:30-3:30pm

East Barnby Outdoor Education Centre, East Barnby, Whitby, North Yorkshire, YO21 3SA




With Grow 2 School and the Healthy Schools/ Early Years team. FREE to Early Years providers signed up to the Healthy Early Years Award

Explore ideas and resources for teaching growing & outdoor learning. Find out what’s good to plant for a successful harvest. Discover funding opportunities to help get you growing. Discuss ways to work outside safely and confidently in your own setting’s grounds to grow and play outdoors.

Course Code: SI-0724-T009. Please book all training via <https://nyes.info/>

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>May 25 - June 2 <u>National Children's Gardening Week 2024</u></p>	
<p>June 3 - June 9 <u>Child Safety Week 2024</u></p>	
<p>June 8 - June 16 <u>Bike Week 2024</u></p>	
<p>June 10 - June 14 <u>BNF Healthy Eating Week 2024</u></p>	
	
<p>Early Years Inclusion Training- Funded training for all North Yorkshire EY providers How will it help you as an EY Practitioner and your provision?</p> <ul style="list-style-type: none">• Whole setting approach to inclusion – reducing need for 1-1's• Contribute to Ofsted 'Unique child' approach• Better outcomes for children• Improved working with parents• Dingley's Promise Kitemark – Inclusion Friendly Setting• Enhanced knowledge and skills• Increased confidence in playroom and with families• Hands on experience• Certificate of completion to use in career development <p>Register now to access the free training courses here For queries or support, please contact training@dingley.org.uk</p>	
 <p>Anna Freud</p> 	<p><u>Early Years in Mind</u> 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.</p>

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

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/the-eatwell-guide> 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/nutritioning-and-feeding-babies-first-18-months/>

Try to include a variety of different foods across the week to provide all the vitamins and minerals required and make sure content varies from day to day.

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

STARCHY CARBOHYDRATE 1 or 2 portions per meal
 ✓ bread, wraps, pitta, bagels, rolls, baguette
 ✓ rice or couscous, noodles, plain pasta - avoid flavoured instant packed products and lentil/corned pasta
 ✓ potatoes
 ✓ oatcakes, rice cakes or crackers
Avoid very high fibre foods
Does your energy for the day ahead?

DAIRY FOOD (or non-dairy alternatives) At least 1 portion of milk or dairy foods, or alternatives per meal
 ✓ cheese - hard, soft, spread, baked, blue cheese and mould-ripened (cheese and cut cheese into strips not chunks)
 ✓ yoghurt or fromage frais
 ✓ milk (acidophorus/acid)
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 ✓ custard
 ✓ non-dairy alternatives (low 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)
 ✓ handful of grapes (cut into quarters)
 ✓ mango (cut into slices not chunks)
 ✓ dried fruit e.g. raisins, apricots, dates. Add to smoothies and not as a snack
 ✓ melon (cut into slices not chunks)
 Remove any portions before serving fruit. Wash fruit and vegetables prior to preparing. Ensure canned fruit is in juice not syrup.

VEGETABLES OR SALAD
 ✓ vegetables 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 not added to 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'
How much? 1 portion of fruit and vegetables is the size of a child's closed hand.

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. tinned mackerel, sardines, pilchard, and salmon
 ✓ eggs (unless eggs are fully cooked)
 ✓ lentils, beans, chickpeas
 ✓ alternative meat free option
 Try to limit processed foods e.g. sausages, mince, hotdogs, 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

DRINKS - tap water is the best, especially for teeth. Fresh drinking water must be available.

North Yorkshire Healthy Pack 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.

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. This document summarises the key points from national healthy eating guidance for early years settings (please see reference link at end of this document).

Key Message
 Foods 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 Summary A healthy balanced diet for Early years children is based on these food groups and portions:

Food Groups	Examples of Food Included	Main Nutrients Provided	Recommended Servings each Day
Starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables including swede and parsnips, bread including wraps and bagels, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	Four portions Provide a portion as part of each meal (breakfast, lunch and tea) and as part of at least one snack each day.
Fruit and vegetables	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	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	Five portions Provide a portion as part of each meal (breakfast, lunch and tea) and with some snacks
Proteins	Meat including pork and beef, poultry including chicken and turkey, fish including cod, pollock and salmon, shellfish including prawns, eggs, meat alternatives including Quorn, beans, pulses, nuts**	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	Two portions Provide a portion as part of lunch and tea (two to three portions for vegetarians or vegans children)

Along with a 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.

We can help you buy fresh, frozen or tinned vegetables

Apply for your prepaid Healthy Start card now at: www.healthystart.nhs.uk

Healthy Start NHS

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](#)

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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

