

Healthy Early Years London

**Eat better,
start better**

SUPPORTED BY
MAYOR OF LONDON



freephone:
08000 488 566



Healthy Early Years London

Introduction

- An awards programme for all London Early Years settings and childminders
- Recognises achievement in supporting child health, wellbeing and education
- Encourages a whole setting / practice approach
- 12 holistic themes, based on the 3 Ofsted Judgements
- Evidence Based
- Supports both education and health priorities

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Why is it needed?

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Healthy Early Years London

What percentage of 4-5 year old children in England are overweight or obese?

23%

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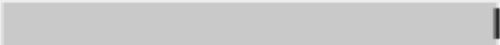


















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Healthy Early Years London

In Harrow

Area	Value		Lower	Upper
England	22.6		22.5	22.7
London region	22.3		22.1	22.6
Barking and Dagenham	25.5		24.1	26.9
Barnet	19.5		18.3	20.7
Bexley	26.7		25.2	28.3
Brent	27.6		26.2	29.0
Bromley	20.3		19.0	21.6
Camden	21.0		19.0	23.1
City of London	*		-	-
Croydon	23.7		22.5	24.9
Ealing	18.8		17.7	20.0
Enfield	24.8		23.6	26.1
Greenwich	24.1		22.8	25.5
Hackney	25.1*		23.4	26.8
Hammersmith and Fulham	21.5		19.4	23.8
Haringey	21.6		20.1	23.2
Harrow	18.4		17.1	19.8
Havering	25.1		23.6	26.6

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What percentage of 5 year old children in England have one or more decayed, missing or filled teeth?

23%

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Healthy Schools London Bronze

In Harrow



Area	Value		Lower	Upper
England	23.3		23.0	23.6
London region	25.7		24.9	26.5
Barking and Dagenham	28.6		20.5	38.4
Barnet	24.1		19.4	29.5
Bexley	14.4		10.5	19.3
Brent	34.6		29.4	40.2
Bromley	17.4		13.5	22.1
Camden	30.0		24.0	36.6
City of London	*		-	-
Croydon	28.5		23.9	33.5
Ealing	30.7		23.3	39.2
Enfield	30.5		24.4	37.3
Greenwich	22.2		17.7	27.5
Hackney	22.9*		20.2	25.7
Hammersmith and Fulham	24.2		19.2	30.1
Haringey	29.0		23.1	35.8
Harrow	39.6		33.6	46.0
Havering	20.5		14.5	28.1

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What percentage of 5 year old children in England have received two doses of the MMR vaccine?

88%

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Healthy Early Years London

In Harrow

Area	Value		Lower	Upper
England	87.6		87.5	87.6
London region	79.5		79.3	79.7
Barking and Dagenham	81.9		80.7	83.1
Barnet	79.6		78.5	80.7
Bexley	83.2		81.9	84.4
Brent	83.1		82.1	84.2
Bromley	79.4		78.2	80.5
Camden	73.5		71.7	75.3
City of London	*		-	-
Croydon	73.1		71.9	74.2
Ealing	79.8		78.7	80.9
Enfield	84.0		82.9	85.0
Greenwich	85.3		84.2	86.3
Hackney	75.2		73.8	76.5
Hammersmith and Fulham	67.6		65.7	69.4
Haringey	82.7*		81.4	83.9
Harrow	85.4		84.2	86.5
Havering	89.4		88.4	90.4

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP



OBJECT PLAY



DANCE



GAMES



PLAY



TUMMY TIME



SWIM



WALK



SCOOT

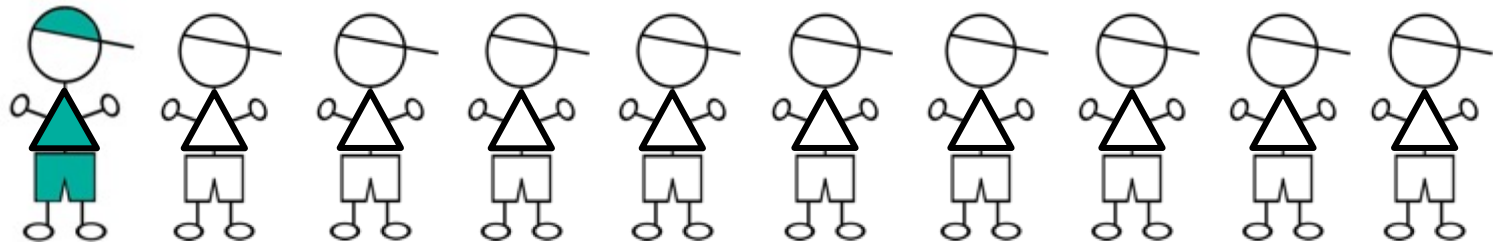


BIKE

Move more. Sit less. Play together

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What percentage of children (2-4 years) do not meet the UK Physical Activity Guidelines? **90%**



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Healthy Early Years London

Addresses key priorities

- Healthy Eating, breastfeeding, starting solid food
- Physical activity, physical development, reducing sedentary behaviour
- Infection control and immunisations
- Home safety, accident prevention, reducing injuries
- Oral Health
- Speech, language, communication
- Supporting children with chronic health conditions, SEND, disabilities
- Social, emotional health and wellbeing
- Early cognitive development
- Parenting and home learning
- Sustainability
- Parent / staff health – mental health, alcohol, substance misuse, smoking

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Healthy Early Years London: Award Pathway

HEYL First Steps

- EYs Settings/Childminders should:
- Register
- Full support of Leaders/ inform staff
- Inform parents about setting involvement in HEYL
- Started to audit their food against the Voluntary Food and Drink Guidelines for Early Years Settings in England (Food and Drink Guidelines, November 2017)

HEYL Bronze

- EYs Settings/Childminders should:
- Complete Bronze audit and **meet all criteria**
- Meet the Voluntary Food and Drink Guidelines for Early Years Settings in England (Food and Drink Guidelines, November 2017)
- Submit most recent Ofsted report
- Lasts 3 years

HEYL Silver

- EYs Settings/Childminders should:
- Hold a HEYL Bronze Award
- Complete Silver audit and **meet all criteria**
- Develop an aspect of work addressing **1 health, wellbeing or education priority** (universal or targeted)
- Write Case Study/Learning Journal
- Lasts 3 years

HEYL Gold

- EYs Settings / Childminders should:
- Hold a HEYL Silver Award (for at least one year)
- Sustain work from the HEYL Silver Award Case Study/Learning Journal
- Develop aspects of work on 2 further **health, wellbeing or education priorities** (1 universal and 1 targeted); Childminders 1 (u/t)
- Write 2 Case Studies/ Learning Journals
- Childminders 1
- Lasts 3 years

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Why participate?

- Focus on education and health priorities
- Improvement tool to support practice
- Quality assurance mechanism
- Enhances EYFS practice
- Reaches children, families and staff
- FREE Support including staff training, resources, parent workshops

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Recognition

- Certificates
- Posters / Leaflets
- Stickers
- Newsletters
- Award ceremonies and events
- Case studies featuring on website

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How will this work in Harrow?

- Piloting programme with 10 settings. Support includes:
 - 1-2-1 support to complete audit
 - Menu checking
 - Resources
 - Training
- Any other settings interested to take part will join a waiting list for 1-2-1 support & menu checking.
- Settings on waiting list will be able to access resources and training.

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Support

Who will help me achieve my awards?

Anna Brennan- Craddock

Tel: 0770 381 4831

Email: anna.brennan-craddock@healtheducationpartnership.com

Who is going to approve my application?

Harrow Healthy Early Years London QUAG consists of :

- Health Education Partnership
- Harrow Early Years Standards Team
- Harrow Public Health

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Next Steps

If you're interested in taking part please complete the online registration form: <https://www.research.net/r/HEPHEYL>

For more information contact:

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