

## DPH Award Early Years Newsletter April 2016

Welcome to the 1<sup>st</sup> issue! We aim to provide support, resources and links to all areas of children's health and wellbeing whether you are a DPH Award setting or not but if you are interested in signing up and want to see what is involved then please check out the website.

### We're up for a Challenge!

Set your families a challenge this summer with this [challenge sheet](#). Children get a sticker each time they complete one of 7 challenges at home.

When a family return a completed sheet you could enter them into a prize draw. We have the sheets, stickers and prizes ready for you. Get in touch and we'll send them out.



### A great transition initiative!

'Out to Lunch' introduces children to school meals and the dining experience at school.

We can offer support to set up Out to Lunch visits with your local school and give you a stash of stickers for your children each time they visit – just get in touch...



### First FUNS - FREE training

Only a few places left on this free one day training.

First FUNS uses creative themes, games, stories and resources to get children moving and developing their fundamental movement skills.

**Thursday 26th May 9 - 3pm at Odd Down.**

**A free resource kit is included. [Book on the HUB](#)**

### Growing and gardening ideas...

It's definitely time to be planting... a great way to get outside and have a go at growing your own fruit and vegetables.

Help children explore where food comes from and support their food preferences by increasing familiarity. Check out our [Growing and Gardening Toolkit](#) here for ideas and links to all learning areas.

**You could be eligible for £250 (£100 for childminders)** to use towards health and wellbeing initiatives as part of the '[Healthy Outcomes Certificate Early Years](#)'. You could use this to develop your play space, buy waterproofs; send practitioners on training or make cookery bags to share with families.

## Amazing Spaces

### *Would you like to develop yours?*

Develop your outdoor space, support children's PD, activity levels and their love of playing and learning outside by ensuring yours is an amazing space!

The 'Amazing Spaces' package includes training, audit tools and support visits from the DPHA and Early Years teams. Find out more by contacting:

[lucy\\_rae@bathnes.gov.uk](mailto:lucy_rae@bathnes.gov.uk) or  
[amanda\\_bachrach@bathnes.gov.uk](mailto:amanda_bachrach@bathnes.gov.uk)

## Move a Mile

Be part of a new initiative to get children moving a mile. You can Move a Mile across a week or a fortnight, on foot, on wheels however you like.

Check out the [flyer](#) - if you would like to register your setting please get in touch.



You are also invited to the [launch event](#).

Move a Mile could be part of your outcomes certificate work to increase activity levels.

## **Congratulations to all who achieved a certificate or the full DPH Award at this year's Celebration event... it was a great night!**



There is a complete list of DPH Full Award holders on the [DPHA website](#).

## FREE Road Safety Resources

We have lots of [Top Tips sheets](#), stickers and Stepping Out Together books to give away.

Get in touch if you could use these with your children and families.



Remember the Department for Transport's [Think! Education website](#) is a useful place to go for activity ideas and themes.

**If you have any queries regarding children's health and well-being or are interested in working towards either the Healthy Eating Years Certificate or the Healthy Outcomes Certificate, please contact:**

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