

DPH Award Early Years Newsletter

July 2016

Welcome to the 2nd 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 [DPHA website](#).



Latest BHFNC News

The British Heart Foundation National Centre for Physical Activity and Health (BHFNC) is part of the School of Sport, Exercise and Health Sciences at Loughborough University and is well recognised for its research in the promotion of physical activity and health.

91% of children aged 2-4 years do not meet the CMOs activity physical guidelines for their age group of three hours per day. Read the Early Years Manifesto '[The Best Start in Life](#)'.

Check out the latest [Fact Sheets](#) for guidance, ideas and examples of good practice.

They also have resources aimed at [supporting your work with families](#)

HENRY- Healthy Eating: not just about '5 a day'

HENRY is an award-winning charity which works with families to help babies and young children have a healthy start in life.

This video shows some simple habits which can make all the difference:
[Healthy Eating Right From The Start](#)

HENRY training dates will soon be advertised on the Hub for the autumn term



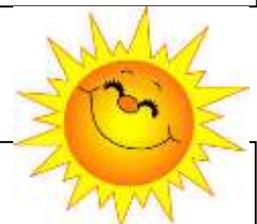
Oral Health Promotion

Supporting good oral health for all people is an important part of health and well-being. A joint public consultation on the West of England Oral Health Promotion Strategy is now open until 20th July.

[Public consultation on an Oral Health Promotion Strategy](#)

The strategy sets out how the oral health of people across Bath and North East Somerset, Bristol, South Gloucester and North Somerset will be improved.

We are very keen to gather views from a wide range of people on the strategy, please complete the [short survey on the consultation](#) website.



Promoting Sun Safety

Hopefully the sun will shine for your holidays this year. Here are some helpful links and resources for your setting and families on keeping children safe in the sun...

[Cancer UK Sun Protection in Schools](#) pages has info and policy guidelines for Early Years
[Health Protection Agency Early Years guidance](#) [Postcards and posters](#)

Children's Food Trust

The Children's Food Trust in partnership with 4children have created three new resources for early years settings to help them promote and support healthy eating, produce and share allergen information and catering for special dietary requirements, these resources are free to download from the Children's Food Trust website from [here](#)

Promoting and supporting healthy eating - A guide for early years settings in England: Ofsted's new Common Inspection Framework includes a judgment on personal development, behaviour and welfare. As part of reaching this judgment, inspectors will look at the extent to which early years settings successfully support and encourage children and their parents/carers to gain "knowledge of how to keep themselves healthy," and "evidence of a whole setting approach to healthy eating". This best practice guidance has been developed in partnership with 4children to help early years settings adopt and demonstrate a whole setting approach to healthy eating.

Producing and sharing allergen information - A guide for early years settings in England: this factsheet explains the new allergen labelling requirements, which were introduced in December 2014. It outlines the changes and provides information about how early years settings can meet them.

Catering for special dietary requirements: A guide for early years settings in England: this factsheet outlines the legal requirements and best practice for early years settings when providing food and drinks for children with allergies, intolerances and other special dietary requirements.



Raisins - healthy but not a healthy snack...

Confused? Dried fruit is suggested as one of the 5+ fruit and vegetables we eat per day which help keep us healthy. The confusion arises because it is also high in sugar which sticks to teeth and so can cause tooth decay.

So, to benefit from nutritious dried fruits - such as raisins, dates and apricots - without risking dental problems, it is recommended that they are eaten as part of a balanced meal (for example on cereal for breakfast or as dessert) and not as a snack.

The NHS website has [10 tips for parents on the top causes of tooth decay in children – and how to avoid them.](#)

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:

Lucy Rae, DPH Award Co-ordinator Early Years
lucy_rae@bathnes.gov.uk
 M: 07530 263098

Anne Herat, DPH Award Practitioner Early Years
anne_herat@bathnes.gov.uk
 M: 07530 263331