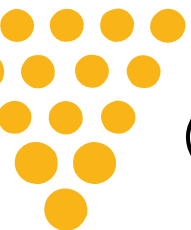




CORNWALL
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Embedding Health Promotion in the Early Years

A Focus on the new Healthy Under 5s Framework



www.cornwall.gov.uk

Purpose of Today

- To introduce the Healthy Schools and Healthy Under 5s programmes.
- To show how Healthy Under 5s complements the EYFS statutory framework.
- To explore how Healthy Under 5s can strengthen everyday routines, learning and family engagement.
- To gather your views as school-based Early Years leaders.



Health and Wellbeing in the Early Years

Early years matter: What happens in early childhood impacts on physical and emotional health all the way through to adulthood.

52.5% of children eligible for Free School Meals in **Cornwall** had a GLD at age 5, compared to **69.7%** of all children (23/24).

29.8% of 5-year-olds in **Cornwall** have dental decay (23/24) – **60,000 missed school days a year** for extractions alone (England)

25.6% of Reception children in **Cornwall** are living with overweight or obesity (24/25).

26% of children are not toilet trained when they start Reception (2025, England)

5,443 children aged 0-4 years in Cornwall are living in relative poverty (23/24).

EYFS requirements: The EYFS statutory framework states that early years providers must promote the good health, including the oral health, of children attending the setting.

Early years providers / schools are in an ideal position to influence healthy habits in children, families, and staff within the setting and at home.

Health and Wellbeing Support

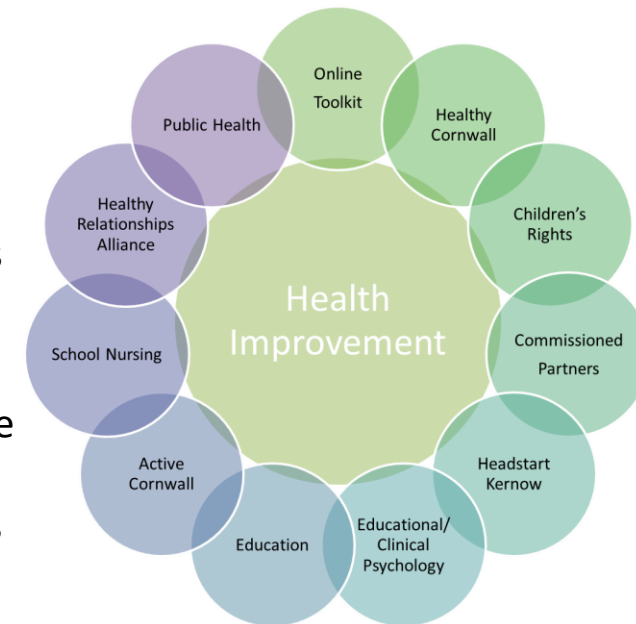
Healthy Under 5s



- ✓ 0-5 years
- ✓ For all early years settings, including Reception Year classes.
- ✓ Health promotion best practice for 0-5 years.
- ✓ Designed to align with EYFS statutory framework

Cornwall Healthy Schools

- ✓ 5 years +
- ✓ A joined up approach to supporting schools in Cornwall
- ✓ Showcase your commitment to the health and wellbeing of pupils and staff in your own unique way.



Both programmes...

- ✓ Support health promoting environments
- ✓ Encourage settings to embed health and wellbeing into everyday routines
- ✓ Recognise and celebrate positive practices concerning health and wellbeing
- ✓ Work towards enhancing health and wellbeing outcomes for children and young people

Cornwall Healthy Schools

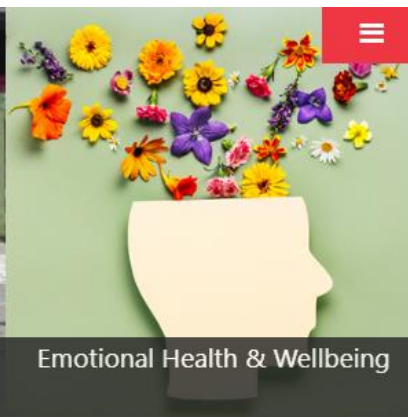
Having health promoting and health protecting education settings is fundamental to attendance, attainment and most importantly children's health & wellbeing.



Food, Nutrition and Dental Health



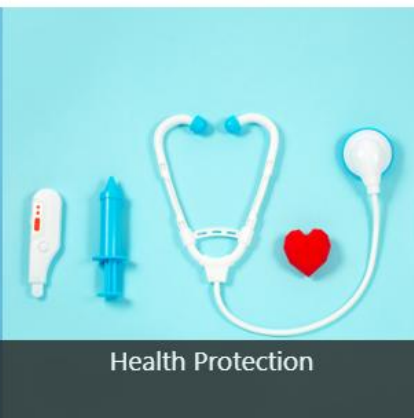
Physical Activity



Emotional Health & Wellbeing



Environment, Community & Responsibility



Health Protection



Workforce Wellbeing

The [Healthy Schools Toolkit](#), hosted on the Healthy Cornwall website provides a comprehensive approach to promoting physical, social, emotional, and mental health within the school environment.

Sign up to the [Healthy Schools newsletter](#) here.

Core Themes & Recommendations

The Toolkit is broken down into 6 core **Themes** :

Each with 3 **recommendations**

Each recommendation has:

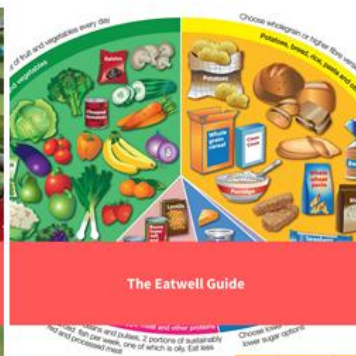
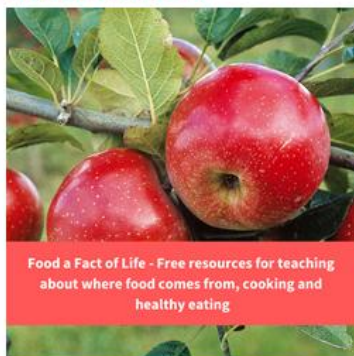
- ✓ Supporting information / accessible training
- ✓ Useful tips
- ✓ Resources
- ✓ Signposting (national and local)

Food, Nutrition & Dental Health	Physical Activity	Emotional Health & Wellbeing
Health Protection	Environment, Community & Responsibility	Workforce Wellbeing

Ensure staff have a good understanding of healthy eating and the importance it has on children's health:

Healthy eating and nutrition is based on The Eatwell Guide; in line with current government healthy eating guidelines. Update knowledge to enhance teaching and learning about teaching about food in schools.

Helpful Resources:



Example recommendation

What the Previous HU5s Offer Looked Like

- Launched in 2019, building on the success of the Nipper Nutrition programme.
- Helped settings to create healthy environments across six topic areas.
- Encouraged positive routines at home by involving parents/carers.
- An award-based programme - settings had to gather evidence to show best practice across all topic criteria to achieve the award. This created paperwork pressures for some settings.
- Paused during COVID-19 - now being refreshed to make it simpler and accessible for all settings.



What's Changing?

- The Framework will include a wider range of topics including sleep and toilet training.
- Award and assessment elements removed → no more evidence-gathering → more time to focus on practical health promotion action.
- Award replaced with a simple Healthy Under 5s Pledge.
- More self-reflection → you decide what areas you want to focus on and develop.
- Designed to work for all types of settings.

What's in the Framework?

A central hub of evidence-based health promotion and protection information for early years settings.



Food and nutrition

Oral health

Physical activity

Sleep

Emotional health

Prevention and safety

Community & environment

Toilet training



Food and Nutrition | Reflection and next steps

Use this space to reflect on what you want to work on within this topic and note any practical actions that will help you move forward.

Food and Nutrition

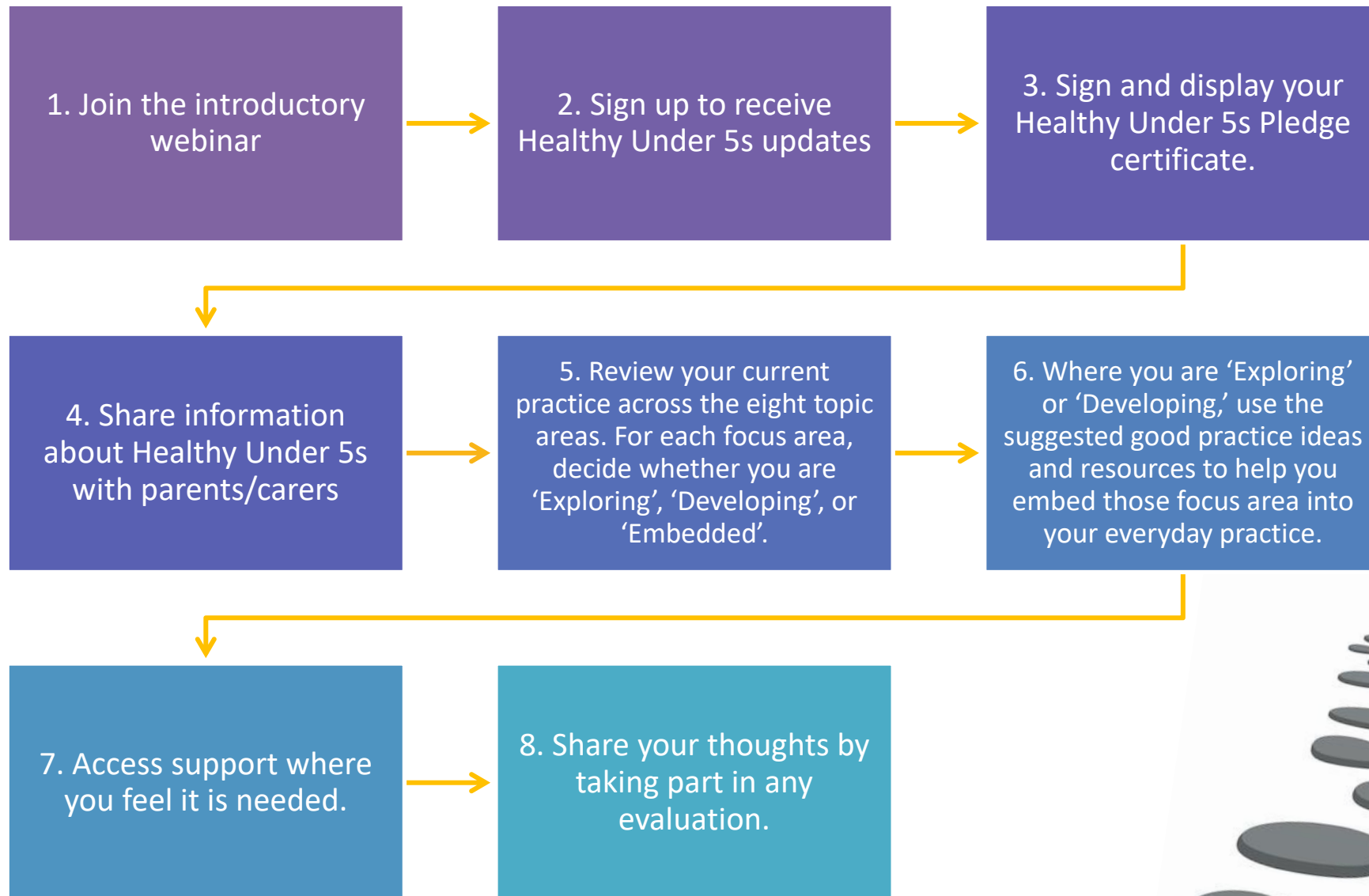
Good food and nutrition in the early years of life is essential for growth and development. Early years providers are in an ideal position to influence healthy eating habits in children, families, and staff. Offering children a wide range of foods, textures and flavours, and creating positive eating experiences for children, can help increase the variety of foods children will eat. This can help children to build strong relationships with food and encourage healthier eating habits later in childhood and beyond.

Find out more about promoting food and nutrition as part of the EYFS Statutory Framework on the [Help for Early Years Providers](#) website.

2. Healthy eating promotion is creatively embedded into activities within the setting

Focus area	Examples of good practice	Our Progress
2.2. Playful and creative methods are used with children to promote healthy eating.	<p>Food, nutrition and healthy eating can be included in the curriculum through arts and crafts, growing fruits, vegetables and herbs, cooking, reading books which include healthy foods, and role play. Link healthy eating and food activities to other key topics, like physical development, mathematics (counting and measuring) and understanding the world around them (where food comes from).</p> <ul style="list-style-type: none"> • Department for Education - Activity plan for food activities <p>Cooking activities offer opportunities for learning about healthy eating and working with others, and can be used to explore foods children may not like or are unfamiliar with.</p> <ul style="list-style-type: none"> • Department for Education - Reducing health and safety risks when working with food and children • First Steps Nutrition - Eating well recipe book • Best Start in Life – Recipes and meal ideas • NHS - Recipes • Simply Veg - Kids in the kitchen <p>Try setting up role play areas such as grocery shops and cafes, to help children learn about foods and encourage language and communication. Promote diversity, by including produce and utensils from various cultures.</p> <p>Books and songs about food are a great way for children to learn about new foods, where they come from and how they are grown.</p> <ul style="list-style-type: none"> • CBeebies - Mr Tumble's Eat Our Greens Song! <p>Veg-based arts and crafts are a simple, gentle and fun way to get children engaging with vegetables in a positive way.</p> <ul style="list-style-type: none"> • Simply Veg – Arts and crafts • CBeebies Parenting - Potato printing and sensory play 	<p>Exploring <input type="checkbox"/></p> <p>Developing <input type="checkbox"/></p> <p>Embedded <input type="checkbox"/></p>

The Healthy Under 5s Journey



The Healthy Under 5s Pledge

“We pledge to create an environment that supports every child’s health and wellbeing.”

We will use the Healthy Under 5s Framework to guide our approach to health promotion, implementing best practice in ways that fits our setting.”

“I have right to be as healthy as possible.

My early years setting has made a pledge to help me grow up healthy and well...

They will listen to my views and involve me in decisions about the policies, routines, and activities that shape my health and wellbeing.”

Dudley early years Safer sleep charter

My early years setting has made a pledge, safer sleep is on their minds.

They check my sleeping area’s clear and clean, and my mattress is waterproof lined.

When they see that I am getting tired, they encourage me to nap.

The room temperature is safe for me and I’m put to sleep on my back.

They check on me when I’m asleep, every 10 minutes or so.

And then they get me up again, when I’m ready to go go go!

My early years team are trained you see, they know about safer sleep.

So, my parents and the early years team can relax, whilst I am counting sheep.

Dudley
Metropolitan Borough Council

Our pledge

We pledge to ensure that our staff are trained in safer sleeping practices, our early years environment is equipped for safer sleeping for the children in our care and our parents trust in our commitment to safer sleep.

Signed by the management team:



Two steps to get your pledge certificate:

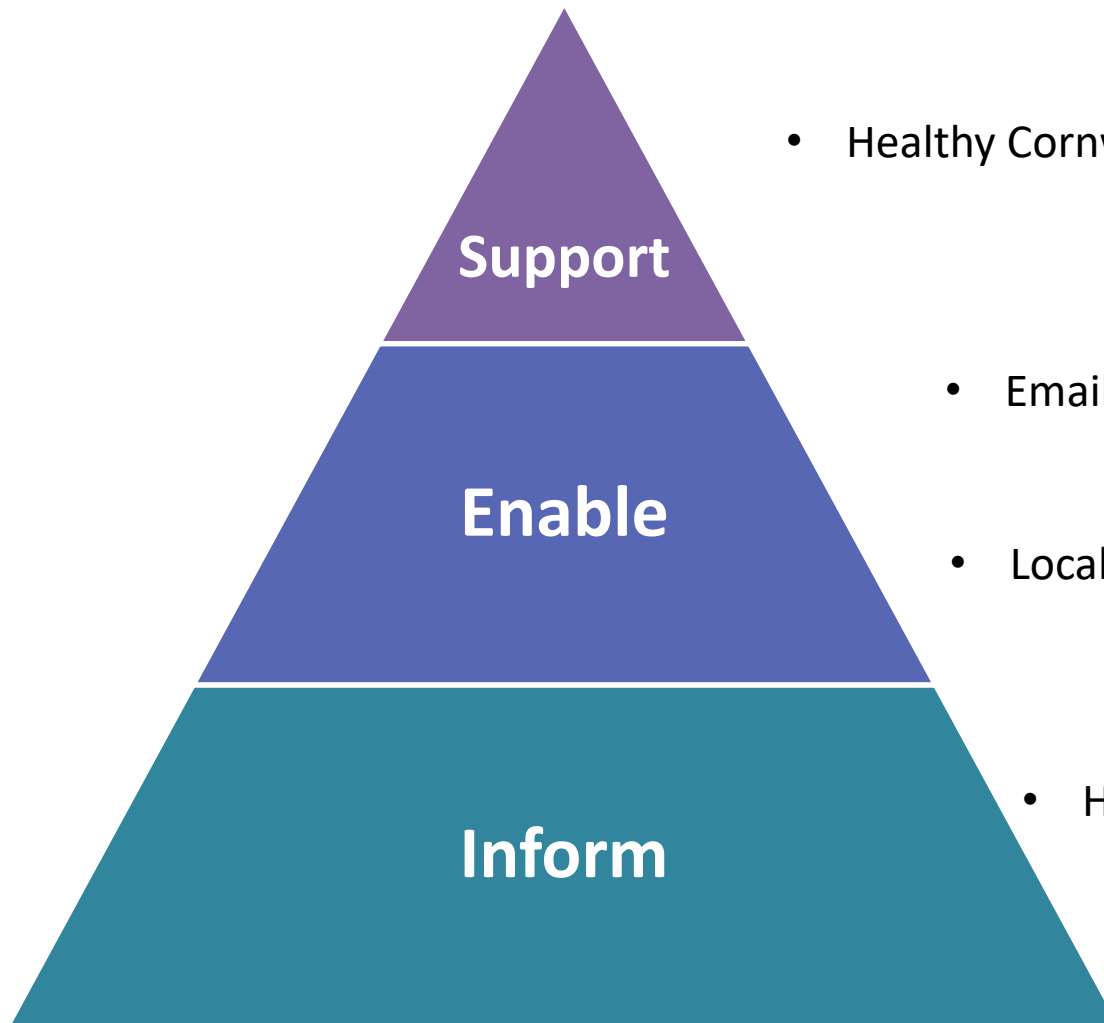
- Watch the HU5s webinar
- Sign up to receive HU5s updates

“If you would like to know more about how we are putting our Healthy Under 5s pledge into action, please speak to any member of our team.”

Accessing Support



Healthy
Cornwall



- Healthy Cornwall will provide tailored additional HU5s support to settings with specific needs.
- Email support via Healthy Cornwall's dedicated HU5s inbox.
 - Monthly HU5s network meetings.
- Locally designed resources e.g. policy templates and menu planning tools.
- Healthy Under 5s Framework – hub of local and national public health guidance
 - HU5s emails for updates and insights
 - 'Getting Started with HU5s' webinar

Why Use the Healthy Under 5s Framework?

- ✓ Access trusted practical guidance, support, training and resources, across eight core areas of health and wellbeing, in a single place.
- ✓ Complements and enhances the Early Years Foundation Stage Statutory Framework
- ✓ Collaborate on data sharing and evaluation to inform future development
- ✓ Show your commitment to children's health and wellbeing.
- ✓ Build staff confidence and knowledge in early years health promotion.
- ✓ Celebrate and share your good practice.
- ✓ Identify areas for development and plan for improvement.
- ✓ Provide evidence for Ofsted.

*“Embedded and well-structured routines **motivate children to develop long-lasting healthy habits**, fostering a solid foundation for self-care, physical health and emotional wellbeing. As a result, **children consistently make their own healthy choices and decisions.**” – Early Years Inspection Toolkit*

*“Staff help children to understand, appropriate to their age and stage, **how to make healthy choices** to support their emotional and physical development” – School Inspection Toolkit, Early Years*



Questions or feedback...

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