



# Welcome to the Healthy Schools Workshop

Healthy Schools Lead – Carys Golding

# Introduction

- At Hamstel Infant School and Nursery we strive for our children to have **healthy bodies, healthy teeth and healthy minds**.
- Our children have opportunities to learn about having a healthy lifestyle and are provided with an environment that promotes best practice for their health and well-being.
- We were awarded the **Healthy Schools accreditation** in March this year and we are continuing to make even more improvements for our children.
- Healthy Schools is not just about healthy eating, it is working as a community, providing opportunities for our children and ensuring they are kept safe, make progress and have positive mental health too.
- This year we also hope to achieve the **Healthy Smiles Award** for the school working with the **Community Dental Service** and helping to support children and families with their **oral health**.

# Snack at Hamstel

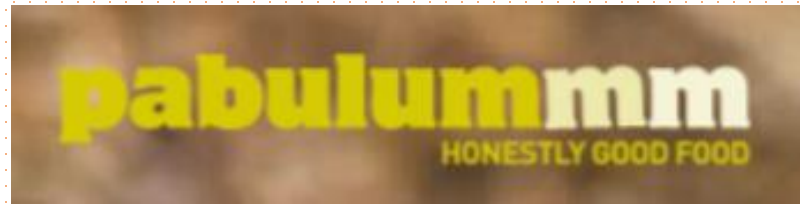
- We offer the children a range of **fruit or vegetable** for **snack** every day.
- In Nursery the children have snack time together and this is an opportunity for them to sit down, rest and listen to a story.
- In Reception we have rolling snack which is an opportunity for socialising with friends, encourages independence, self help skills and learning to be hygienic.
- All our children under 5 are given a carton of milk a day, great for refuelling the body until lunchtime. Over 5s there is a small charge which you can pay for via the cool milk website.



*Cool Milk*  
*Little Sips*  
*BIG*  
*ADVENTURES*



# Lunchtime



- All meals are prepared in our own kitchen by our Catering Team, **Pabulum** and meet the nutritional guidelines of the Food Standards Agency.
- We encourage the **hot meal option** over the sandwich option and try to encourage those fussy eaters to try different foods. All children have access to the **salad bar** and **bread** from the table.
- Under the Government scheme, Universal Infant Free School Meals, all children in our Reception Year, Year 1 and Year 2 receive a **free school meal**.



# Packed Lunch

- **Nursery children** who have a pack lunch, please ensure you are picking **healthier options** that are **tooth friendly foods**, like milk, natural yoghurt and fruit/veg. It is ok to have other options but limit the amount of unfriendly tooth foods like raisins, flavoured yoghurts like Frubes to meal times only.
- **Nut free school**, so check packaging to ensure it does not contain nuts, no chocolate spreads, please try to stick to cheese, ham, tuna etc.
- Ensure **grapes** and whole items of food are **cut in half** to prevent choking.
- Lunchbox snacks - Rice cakes, breadsticks, popcorn are better than a bag of crisps, fruit and veg (fresh and tinned fruit in fruit juice not syrup)

Egg roll, cucumber and tomato, and yoghurt and blueberries

**Dairy food or alternative**

Plain yoghurt



**Fruit and vegetables**

Cucumber sticks  
Cherry tomatoes  
Blueberries

**Starchy food**

Brown bread roll



**Protein food**

Hard-boiled egg

**Houmous dip and carrot sticks**



**Pasta shapes, chicken and pepper**



**Lettuce and kiwi fruit pot**



**Tuna and sweetcorn pasta**



**Ham, cheese or cucumber shaped sandwiches**



# Diet and obesity



- The **National Child Measurement programme** will take place in school during their Reception year.
- The National figures of NCMP is **22% of Reception year children are overweight or obese** and currently Southend is ranked one of the highest for the prevalence of severe obesity in Reception year among the East of England region. Figures show that **8.1% of 4 and 5 year olds in Southend are obese**.
- We want to help **improve these statistics** by showing our children the importance of a balanced diet and lower their intake of sugar and salt.
- **Natural sugars** in fruits and dairy products are what our bodies need, not the free sugars which are found in fizzy drinks, sweets, biscuits etc. This gives our children a sugar high and affects their mood and energy levels, sleep and behaviour.
- Those from a low income family, pregnant and have children under 4 could be eligible for free healthy start vitamins and payment given every 4 weeks to be spent on fruit, vegetables, cows milk and first milk infant formula. Apply online [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

# Maximum daily amounts of sugar

2-3 year olds\*  
13g  
(3 sugar cubes max)

3-4 year olds\*  
16g  
(4 sugar cubes max)

4-6 year olds  
19g  
(5 sugar cubes max)

7-10 year olds  
24g  
(6 sugar cubes max)

11+ and adults  
30g  
(7 sugar cubes max)



1.7 cubes of sugar



7 cubes of sugar



3 cubes of sugar



4.25 cubes of sugar



3.8 cubes of sugar

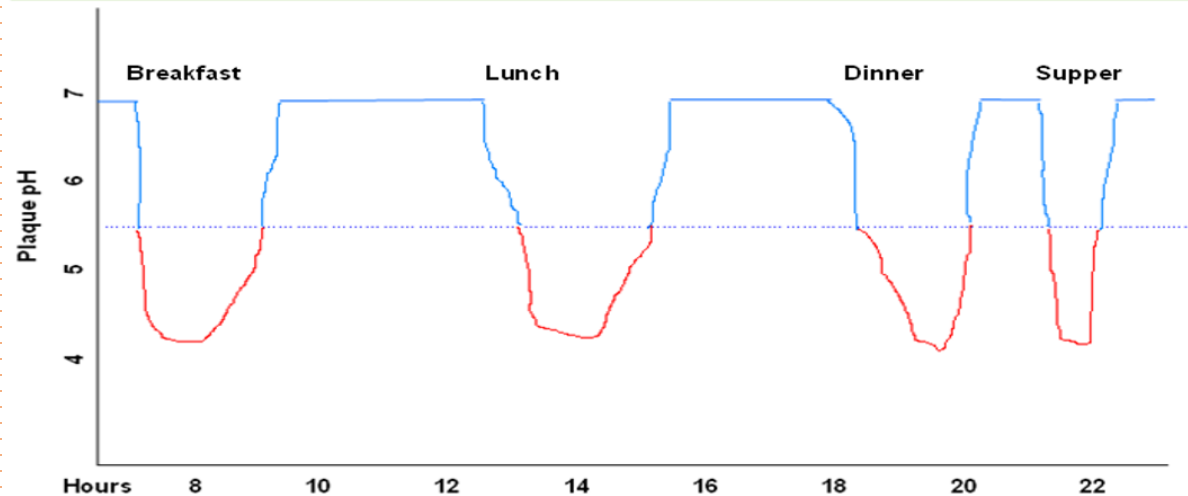


1.9 cubes of sugar

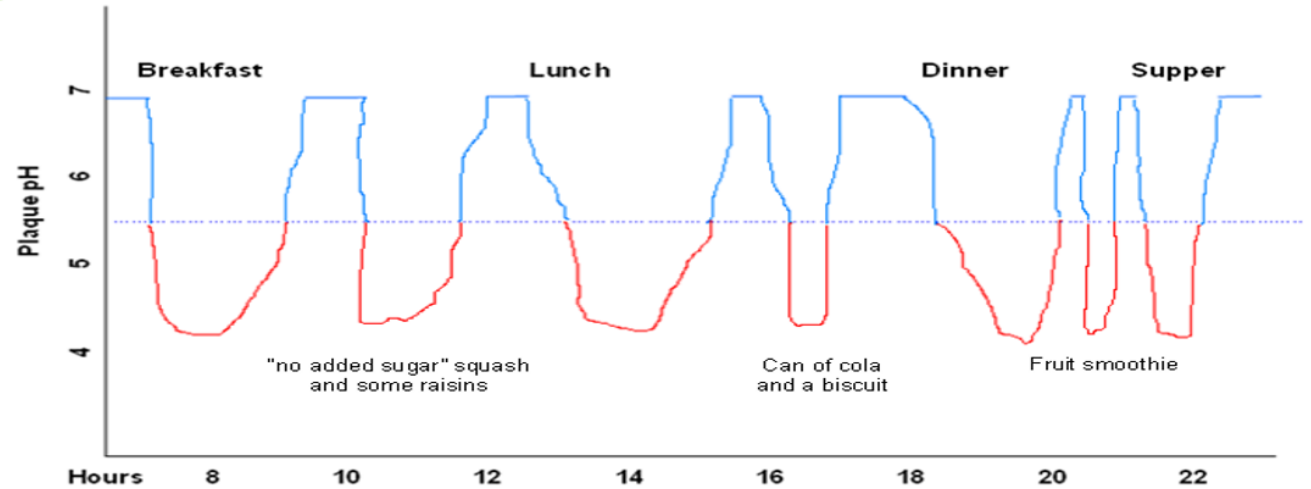


# The Importance of Oral Health

The frequency of sugar / acid attacks



The frequency of sugar / acid attacks



Each time we consume a sugary drink or item of food our mouth ph level drops and this is called an acid attack.

Our teeth are at risk of decay if our ph level keeps dropping throughout the day.

# Healthy Smiles

- **25% of under 5s** in the UK have **tooth decay**.
- In Southend 20% of under 5s need treatment. One of the highest compared to other places in the county.
- **Dental caries** is the main cause of hospital admissions for children aged 5-9.
- Decay is caused by the **frequency of sugar**.
- Bottle caries is where the child sucks through a teat after the age of one and the juice/milk in the bottle pools around the teeth. This is main cause of tooth decay in children.
- **Open cup** is best and water only in bottles.



Bottle caries



This jar of teeth is one afternoon worth of teeth being extracted from children.

## 3 Steps to good Oral Health



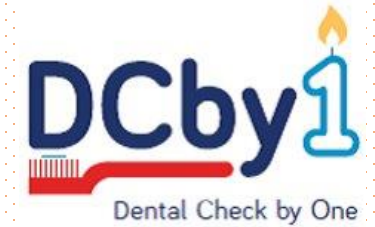
Dentist

Diet



Brushing

# Healthy Smiles



- **Dental visits** should be **every 6 months**. Check the NHS website (find a dentist) for local dentist spaces if you are not registered.
- It is encouraged by dentists that dummies are gradually taken away from the age of 6months+ as they can change the shape of the teeth and jaw. Older children with dummies that are attached, we can support by stickers, dummy fairy or you could swap it for cuddly toy.
- Importance of brushing and monitoring child's brushing. Ensure you brush your child's teeth before or after they have a turn.
- **Nursery and Reception children** will be starting to follow the **toothbrushing scheme in school** which allows children to enjoy brushing, learn how to brush effectively and gives them an extra brush on their school day. It is not to replace their twice a day at home.

# Physical Activity



- Our children take part in **weekly PE lessons**, where they are taught basic skills that they can apply in many sports.
- The children have the opportunity to sign up to **sports clubs** where they can practise skills and attend competitions with local schools.
- Nursery and Reception have access to **outdoor provision** to support their development in all areas especially their gross motor skills and staying active.
- Every three weeks the children have a day in our **wildlife area** where they are able to explore, have first hand experiences and take part in physical activities.

# Mental Health

Healthy minds  
Healthy bodies  
Healthy life

- We have a team to help children and families with their mental health. The team: Mr Roche (Senior Mental Health Lead), Mrs Bryant (PSHE Lead), Mrs Eastment (Mental Health First Aid) and Miss Golding (Children and Young People's Mental Health)
- We provide our children with skills to have a positive mindset and positive mental health. We have plans to make further improvements for our children this year, including a mindfulness club and wellbeing champions in KS1.
- Zones of regulation

## Tips:

- Exercise,
- Fresh air, go for a walk
- Deep breathes
- Calm down space
- Sticker charts
- Stay hydrated
- Talk about it when they are ready
- Read a book



Thank you for attending the workshop, please take the time to enjoy the activities set up with your child.