

# Welcome to the

**Healthy Learning**  
**Healthy Lives**



# Workshop

Healthy Learning Healthy Lives 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.
- Healthy Learning Healthy Lives is about promoting healthy eating, physical exercise, oral health, working as a community, providing opportunities for our children and ensuring they are kept safe, make progress and have positive mental health too.
- We have recently been awarded our **Healthy Schools accreditation** in July 2026 and the **Healthy Smiles accreditation** in November 2024 and we are continuing to make even more improvements for our children to hopefully achieve the enhanced status.



# Community

- CDS – Community Dental Services – toothbrushing programme, hygiene control, referrals
- Inspire dental – local dentist – Lift the lip scheme
- Sue Kent (school nurse) – support and advice, referrals – signpost to other services.
- Erin Brennan-Douglas – Senior Public Health Principal
- Zoe Rusz – Health Improvement Practitioner at Health4Life - support for children and families to make healthy choices through workshops and the NCMP.
- Staff at Hamstel
  - Scott Roche – Senior Mental Health Lead & Safeguarding Lead
  - Stef Eastment - Child & Family Support Officer and Deputy Safeguarding Lead and Mental Health First Aid
  - Victoria Bryant – EYFS & PSHE Lead
  - Carys Golding - Children's and Young People's Mental Health Lead
  - Lydia Hartigan – Well Being Lead

# Mental Health

Healthy minds  
Healthy bodies  
Healthy life

We provide our children with skills to have a positive mindset and positive mental health. We have our Well Being Champions in KS1 who attend a fortnightly meeting to discuss ways to help others. We also have a Well Being Club for children to attend to have extra support in managing their own mental health positively through arts and crafts and discussions on sleep, diet and exercise. We celebrate our children and their efforts through the dojo system which encourages resilience, determination, respect and caring for others.

## 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



# Ways to support a child or young person



## Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



## Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



## Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



## Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



## Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



## Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

# 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.
- Reception children 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.
- Staying active and sports helps the mind and provides children with a sense of achievement. They learn new skills and may find a love for something new or a talent.

# Healthy Eating at School

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



- We offer the children a range of **fruit or vegetable** for **snack** every day.
- Milk is available for over 5s there is a small charge which you can pay for via the cool milk website, great for refuelling mid morning before lunch.
- Water and milk are the only drinks recommended by dentists between meals.
- 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. **Water** in jugs available on each table for the children so need to pack a bottle in their lunch bag. Please don't provide any other drinks/juices or cartons either.
- Under the Government scheme, Universal Infant Free School Meals, all children in Reception, Year 1 and Year 2 receive a **free school meal**.



# Packed Lunch

Egg roll, cucumber and tomato, and yoghurt and blueberries

## Dairy food or alternative

Plain yoghurt

## Starchy food

Brown bread roll

## Fruit and vegetables

Cucumber sticks  
Cherry tomatoes  
Blueberries

## 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

Cut whole foods (grapes) to prevent choking No chocolate or nut spreads due to allergies

# Maximum daily amounts of sugar

|                                              |                                              |
|----------------------------------------------|----------------------------------------------|
| 2-3 year olds*<br>13g<br>(3 sugar cubes max) |                                              |
| 3-4 year olds*<br>16g<br>(4 sugar cubes max) | 4-6 year olds<br>19g<br>(5 sugar cubes max)  |
| 7-10 year olds<br>24g<br>(6 sugar cubes max) | 11+ and adults<br>30g<br>(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



**No birthday sweets please!**

**If every child in a class of 30 brought in a packet of sweets for their friends on their birthday they would consume over 300g of sugar in the school year on Haribo alone.**

# Healthier swaps



Wheat flour,  
palm oil,  
wheat,  
emulsifiers,  
salt etc.



4.1g of sugar,  
rapeseed oil,  
palm oil,  
wheat,  
flavourings



3g of sugar,  
butter, wheat  
flour, salt



Extra virgin  
olive oil, salt,  
water, durum  
wheat

13g of sugar,  
concentrated  
fruit



Wholegrain rye, salt



4.1g of sugar  
per pot

10.2g of sugar

Palm oil, potato  
powder,  
emulsifiers other  
additives.



3.2g of sugar



2.5g of sugar  
per pot



# Diet and obesity

- The **National Child Measurement programme (NCMP)** takes 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 exercise and 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 as well as sleep and behaviour.

Remember to use the traffic light system when buying food and make healthy swaps.

| Each serving (150g) contains |                           |                                 |                              |                            |
|------------------------------|---------------------------|---------------------------------|------------------------------|----------------------------|
| Energy<br>1046kJ<br>250kcal  | Fat<br><b>3.0g</b><br>LOW | Saturates<br><b>1.3g</b><br>LOW | Sugars<br><b>34g</b><br>HIGH | Salt<br><b>0.9g</b><br>MED |
| 13%                          | 4%                        | 7%                              | 38%                          | 15%                        |

## A healthy balanced diet for children

| Food group                                                   | Examples of food included                                                                                          | Main nutrients provided                                             | Recommended serving                                                                                                                                |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Fruit and vegetables                                         | Fresh, frozen, canned, and dried fruit, vegetables, and pulses                                                     | Carotenenes (a form of vitamin A), vitamin C, zinc, iron, and fibre | <b>At least 5 portions each day</b><br>Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks                 |
| Potatoes, bread, rice, pasta and other starchy carbohydrates | Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals | Carbohydrate, fibre, B vitamins and iron                            | <b>4 portions each day</b><br>Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day |
| Dairy and alternatives                                       | Milk, cheese, yoghurt, fromage frais                                                                               | Protein, calcium, and vitamin A                                     | <b>3 portions each day</b><br>Provided as part of meals, snacks and drink                                                                          |
| Beans, pulses, fish, eggs, meat and other proteins           | Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts                                                          | Protein, iron, zinc, omega 3 fatty acids, vitamins A and D          | <b>2 portions each day</b><br>Provide a portion as part of lunch and tea (two to three portions for vegetarian children)                           |





# Get help to buy food and milk with the NHS Healthy Start Scheme

Apply online at  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

For those families with a low income and pregnant or have children under 4 you could be eligible for free healthy start vitamins and a payment given every 4 weeks to be spent on fruit, vegetables, cows milk and first milk infant formula, just apply online at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

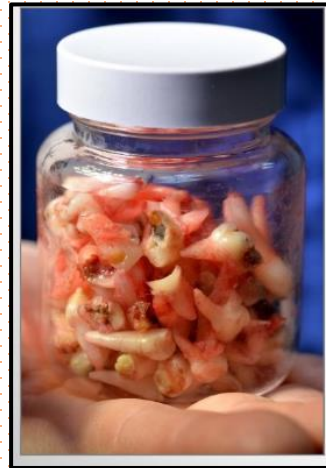
# Healthy Smiles

- **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**.
- **Open cup** is best and water only in bottles.
- Last year 47,581 tooth extractions under GA in England.

## Bottle caries



- 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.



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

## 3 Steps to good Oral Health



Dentist



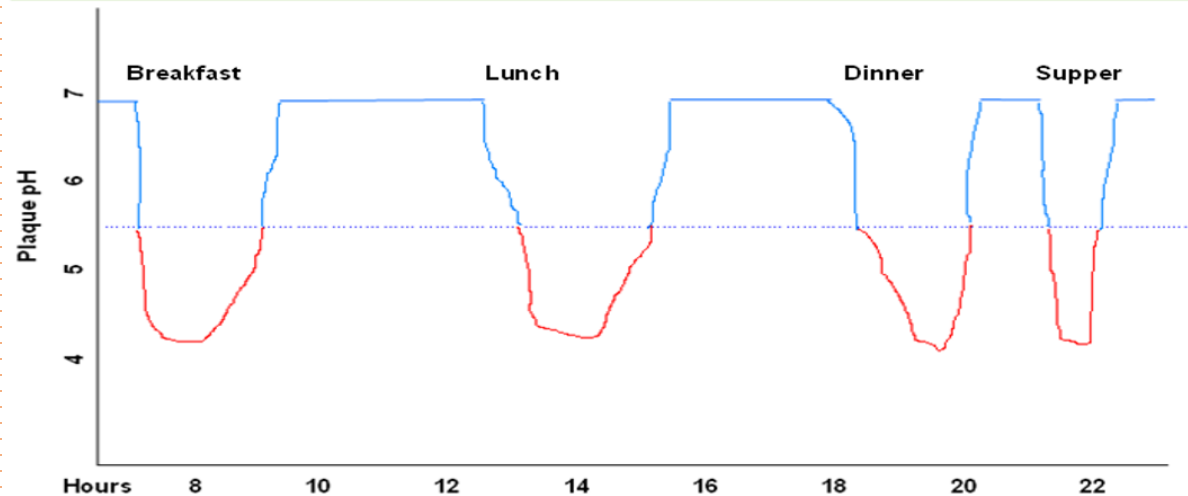
Diet



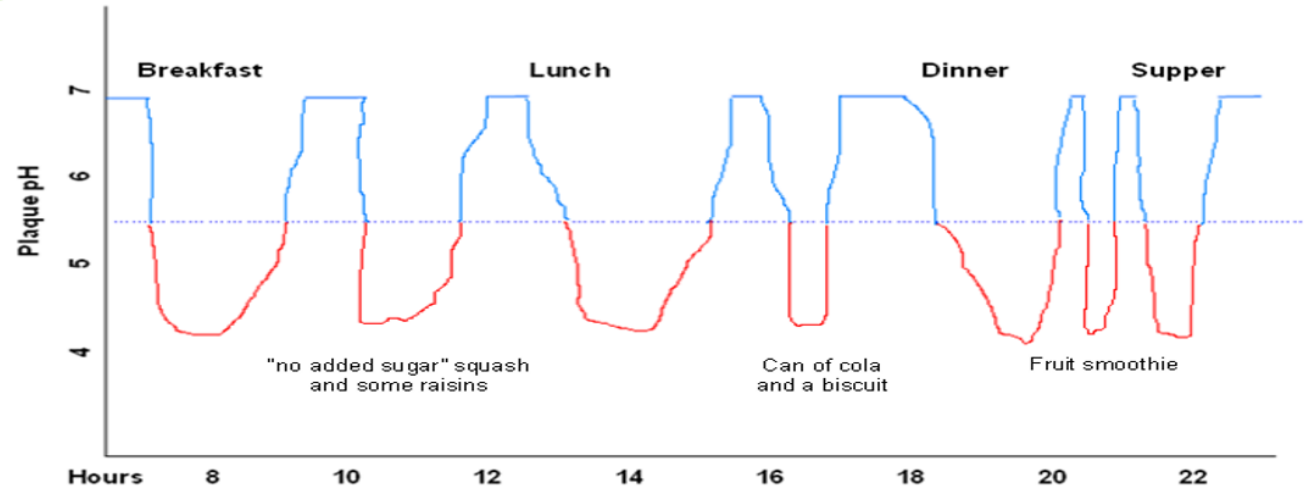
Brushing

# The Importance of Oral Health

The frequency of sugar / acid attacks



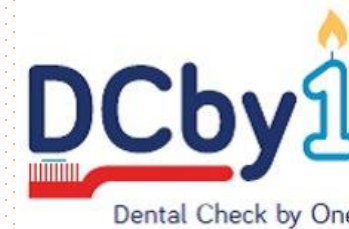
The frequency of sugar / acid attacks



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



- **Dental visits** should be **every 6 months**. Check the NHS website (find a dentist) for local dentist spaces if you are not registered, or contact Inspire Dental.
- 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 in school by stickers, dummy fairy or you could swap it for cuddly toy/treat.
- **Nursery & Reception children** are following 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.
- Lots of schools are now brushing due to the number of children with decayed teeth.
- Importance of brushing and monitoring child's brushing. Ensure you brush your child's teeth before or after they have a turn until **7 years old**.

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

Please complete the feedback form.  
Thank you

