

## **Healthy Early Years London (HEYL) Silver Award Guidance**

The Healthy Early Years London (HEYL) Silver Award recognises that a setting/childminder is demonstrating excellent practice in supporting children's health, wellbeing and development. Excellent practice means the setting is working beyond the essential requirements in the HEYL Bronze Award audit and can demonstrate the impact of their work.

Settings/childminders in boroughs with a local HEYL Borough Lead can contact their local Borough Lead for information and support.

Settings/childminders in boroughs without a local HEYL Borough Lead can contact the Healthy Early Years London team for more information and support [HEYL@ncb.org.uk](mailto:HEYL@ncb.org.uk)

For any queries about the programme, please contact [HEYL@ncb.org.uk](mailto:HEYL@ncb.org.uk)

### **Healthy Early Years London Silver Award**

To achieve the HEYL Silver Award settings and childminders need to

- hold an up-to-date bronze award
- develop an aspect of work addressing one health, wellbeing or development priority, based on local priorities and staff, families or children's needs
- write a case study/learning journal showing the impact of the work and how it has made a difference to health, wellbeing or development.

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Settings and childminders identify **one** health and development priority (area of work to develop), based on local needs of families, children or staff.

The priority can meet the needs of a particular child/group of targeted children **or** support a whole (universal) setting approach to supporting all children's health, wellbeing and development.

Settings and childminders should plan and carry out their work, collecting evidence that shows the impact on children, families and/or staff's health and wellbeing before writing a case-study/learning journey to show the difference they have made.


Health and Development Priorities	
<ul style="list-style-type: none"> <li>• Healthy eating, including breastfeeding and starting solid food</li> <li>• Oral health</li> <li>• Physical activity, physical development, reducing sedentary behaviour</li> <li>• Speech, language and communication</li> <li>• Early cognitive development</li> <li>• Social and emotional wellbeing</li> <li>• Parenting and home learning</li> <li>• Sustainability e.g. air quality</li> </ul>	<ul style="list-style-type: none"> <li>• Home safety, accident prevention and reducing injuries</li> <li>• Supporting children with chronic health conditions, special educational needs and disabilities</li> <li>• Infection control and immunisations</li> <li>• Parent and staff health concerns:               <ul style="list-style-type: none"> <li>○ Mental health</li> <li>○ Alcohol and substance misuse</li> <li>○ Smoking</li> </ul> </li> </ul>

Settings and childminders should read the HEYL Silver Case Study/Learning Journal template carefully, including the additional information in italics and write a case study

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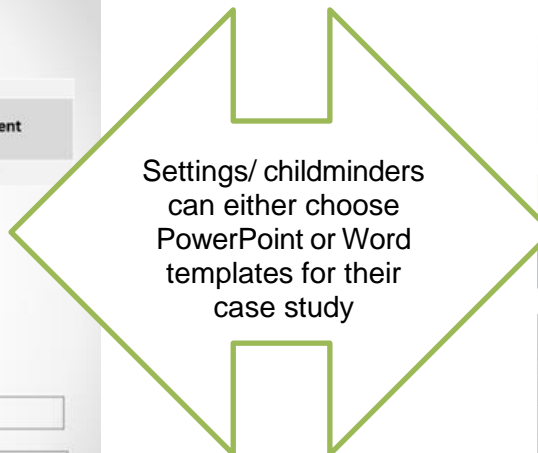
Healthy Early Years London (HEYL) Silver Award for Health, Wellbeing and Development

Healthy Early Years London Silver Award Case Study/Learning Journey Template



Name of setting /childminder  Borough

HEYL Silver Award health, wellbeing and development priority:  
(for settings and childminders)



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Healthy Early Years London (HEYL) Silver Award for Health, Wellbeing and Development

Healthy Early Years London Silver Award Case Study/Learning Journey Template

Name of setting /childminder  Borough

HEYL Silver Award health, wellbeing and development priority:

Information about you/your setting  
*Describe how you support children and families' health, wellbeing and education/your vision - describe your practice and strengths*

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### Applying for the HEYL Silver Award

Once a setting or childminder has written a case study/learning journal demonstrating their good practice and the difference they make, they can apply for the HEYL Silver Award.

Settings and childminders can apply for the HEYL Silver Award by:

1. Holding an up-to-date HEYL Bronze Award audit
2. Submitting a case-study/learning journal showing the impact of the work to address one health, wellbeing or development priority

### Working beyond the HEYL Silver Award

Once a setting/childminder has received the HEYL Silver Award, they can begin work towards their HEYL Gold Award.