



Healthy Active Little Ones (HALO) - Support Offer for Early Years Settings

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Participation requirements

Baseline HALO Checks

- HALO Health and Wellbeing Check
- Voluntary Food and Drink Guidelines for Early Years Settings
- Face to Face visit

Next steps/intent

- Next Steps/intent forms part of HALO Health and Wellbeing Check
- Following baseline visit, setting manager discusses next steps/intent with staff (e.g. as part of team meeting)

Memorandum of Understanding

Setting manager signs MOU and shares updated HALO Health and Wellbeing Check (with additional next steps/intent) with HALO Co-ordinator before accessing support offer.

5 month phone call

- Provides opportunity to discuss progress/any challenges/opportunities, recognition awards, etc

9 month follow up

- HALO Health and Wellbeing Check
- Voluntary Food and Drink Guidelines for Early Years Setting
- Face to Face visit

HALO support offer

Setting receives access to:

Core HALO Training Programme

The setting will receive up to 3 FREE training courses, with up to two places per course on the following:

- Oral Health
- Healthy eating - (various)
- Physical activity - (various)
- Emotional wellbeing
- Accident prevention
- Infant feeding
- Adult wellbeing
- Balanceability (licence fee applies)

In-house Training Offer

A two-hour session carried out within the setting. For example at a staff meeting.

Practical Support/Modelling Session

A two-hour session to be carried out in the setting.

Example includes:

- Facilitating cooking session with practitioners, children and families
- Menu planning
- Co-delivering bespoke information session to families.

Bi monthly newsletter

To include content on safer sleep, immunisations and workplace health.

Health and Wellbeing Leaflets - Nursery Starter Pack

Leaflet starter set provided. Option to re-order/download from Health Promotion Resources East Sussex.

Downloadable resources including Display Board Sets/Ideas and Story sack ideas

Covering all training topics, uploaded onto the Halo czone page

Networking

Three twilight network sessions to facilitate peer to peer learning, sharing of ideas and to collectively explore common challenges

Free place at Celebration Event

Date for event to be confirmed

Opportunity to apply for HALO Award/ HALO Excellence Award

Following 9 month follow up visit, setting has two months to submit required documents. The application to be reviewed/awarded within one month of submission