

Thames View Infants



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MAYOR OF LONDON'S



Dear Parents / Carers,

Healthy Early Years London

We are excited to announce that we are taking part in the Mayor of London's Introduction to Healthy Early Years London (HEYL) Award for Health, Wellbeing and Education.

Did you know...

All children deserve a healthy start to life. Yet by the time they start school, many children are already falling behind in terms of their health and development. By the age of five...

- one in five children are overweight or obese;
- one in four have tooth decay;
- one in eight fail expected social and emotional development goals.

In order to help combat these problems the Mayor of London, Sadiq Khan, launched Healthy Early Years London last Autumn. It's a new scheme to reward and recognise early years providers who do the best for their children's health and wellbeing.

What is Healthy Early Years London?

The Healthy Early Years London award (HEYL) aims to support and encourage Early Years settings and childminders to develop their focus on health and wellbeing and therefore support the achievement, education and happiness of children, parents/carers, staff and the wider community. HEYL covers a number of important areas of health, wellbeing and education for young children, including:

- Healthy eating, including breastfeeding and starting solid food,
- Oral health,



We're a PAPERLESS School – so you must download & register your **ParentMail App** to receive e-newsletters, to book after-school clubs & Parents' meetings or to confirm consent for educational visits.

- Physical activity, physical development, reducing sedentary behaviour,
- Speech, language and communication,
- Early cognitive development,
- Social and emotional wellbeing,
- Parenting and home learning,
- Home safety, accident prevention and reducing injuries,
- Supporting children with chronic health conditions, special educational needs and disabilities,
- Infection control and immunisations,
- Parent and staff health concerns, including:
 - Mental health
 - Alcohol and substance misuse
 - Smoking
- Sustainability e.g. air quality.

We are already doing a lot of things here at TVI in order to help our children be healthy and make healthy choices. For example, we already have healthy school meals and our curriculum is packed with opportunities for children to cook and learn about being healthy including activities such as Cooking Together and Sports Together with families and our new sponsored afterschool Fitness Club. Reception and Nursery children also already brush their teeth at school as part of the Teeth for Life programme.

We will keep you informed of any progress we make towards achieving these HEYL awards, and of course if there are any opportunities for our parents/carers to get involved too, we'll be letting you know!

Best wishes.

Yours sincerely,



Paul Jordan
Headteacher