

Silver Award Structure



**HEALTHY EARLY
YEARS AWARD**
Southampton

Before signing up for any silver award, you must have achieved your bronze healthy eating and physical activity awards within the last 3 years. Sign up for your chosen award on the website.

Training is required for Silver level. As part of the completion of an award in a group setting or where childminders work together or have assistants, the HEYA Lead will be required to attend training and cascade the content to the rest of the team. Evidence of this will be required. Training is free of charge for Southampton settings and may be provided either face to face or virtually. Check the website or contact the team to find out about booking on to training. Each session, for HE, HM or PA will be approximately 2.5 hours.

**Download the following documentation for the appropriate award paperwork:
Healthy Eating (HE) / Physical Activity (PA) / Healthy Mouth (HM) from the website:**

- Silver self-assessment form
- Action Plan template
- Policy Template
- HE Standards and Theme Criteria or PA Theme standards or HM paperwork

Attend HEYA training and **cascade information** to the rest of the staff team.

Carefully read through the self-assessment form and criteria, consider the training and any areas identified during Bronze and then complete an Action Plan (using template provided).

Work through your Action Plan and towards meeting all additional 'Silver level' standards from the HE, HM or PA themes.

Once you are satisfied that your setting is meeting all standards for the silver award, **complete all parts of the silver self-assessment form.** (Remember there is an example on the website.)

Email support available at any time

Submit the following by email to: HEYA@Southampton.gov.uk

Healthy Eating

- Policy
- Updated menu
- Completed Action Plan
- Self-assessment form
- Evidence of cascading training

Physical Activity

- Planning sheet
- Environmental scales
- Policy
- Completed Action Plan
- Self-assessment form
- Evidence of cascading training

Healthy Mouth

- Policy
- Completed Action Plan
- Self-assessment form
- Evidence of cascading training

Your submission will be reviewed. If all standards are met, you will receive confirmation of the award, certificate and logos. If clarification is required, advice will be provided regarding amendments to be made to meet all standards and successfully achieve the award.

Once achieved, consider completing another **Silver** level or moving on to **GOLD**