



Shenley Fields Daycare & Nursery School  
Woodcock Lane, Northfield,  
Birmingham, B31 1BU  
Tel: 0121 675 3065  
Email: [enquiry@shnlyfld.bham.sch.uk](mailto:enquiry@shnlyfld.bham.sch.uk)  
Executive Head Teacher: David Aldworth

Dear Parents and Carers,

Shenley Fields Daycare and Nursery School are taking part in the Startwell Award. This is an exciting initiative throughout Birmingham that is delivered through the NHS as part of the early childhood obesity strategy. The NHS works in partnership with Birmingham City council to help raise the profile of healthy lifestyles in early year's settings.

It is based around 8 key messages to support early year's settings, parents and health professionals, to create a healthier environment for our children and families.



Be a role model for the children in your care - Eat well, be active and have fun doing things together. Remember children copy what they see.



Government Guidelines are 180 minutes of physical activity a day for walking children – 60 minutes of this must be high intensity for children aged 3 – 5 years - make the heart go boom. Then 120 minutes at a moderate movement level. For non-walkers tummy time is essential.



Incorporate 3 child-sized meals and 2 healthy snacks a day into your childcare settings routine. Base your snacks on fruit / vegetables/ starchy food with a healthy drink of water or milk.





Ensure that the children in your care have their belly buttons on the move. Children should not be inactive for more than 1 hour at a time except when sleeping. Remember hands on learning increases brain development and learning by 60%.



Remember children's tummies are smaller than adults so they need smaller portions of food. The span of a Child's hand = the plate size they should be eating from.



Developing fundamental movement skills through providing a range of activities that are skill focussed and fun. Fundamental movement skills allow children to become physically literate. The Fundamental movement skills are Locomotor, Stability and Manipulative.



Make sure 'they' get a variety of at least 5 portions of fruit and veg every day full of essential vitamins, minerals and fibre that may help reduce the risk of illnesses later in life. Even young kids can eat their 5 a day



In Birmingham **26.1%** of children have decayed, missing or filled teeth, this is higher than the average amount for the West Midlands and England. These figures are also likely to be higher as they only take into account those children who have had a dental examination. Smiley Shen looks at how and why it's important to clean our teeth.