

Healthy Active Little Ones (HALO) – East Sussex Newsletter – Nov/Dec 2021

Dear Settings,

Welcome to the last 2021 edition of the HALO Newsletter. In here you will find some useful links for practitioners as well as some activity ideas for the Christmas term that will fit with your HALO work. As always, there is also the parent/carer page that we strongly encourage you to share with families. Please do not hesitate to contact us if you need anything. *Your HALO Coordinators*

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Don't forget to hold the 'ctrl' button on your keypad when clicking the links in this newsletter

Welcoming Parents Back to Setting

We know a lot of settings instigated door/gate drop offs during the pandemic, however with restrictions being eased, it's a good time to think about how you can begin to welcome parents back into your setting.

We understand many places have reported "*children settling better/quicker*", but its important to consider the wellbeing of children and families as a whole and how you promote positive relationships with parents and carers.

It can be helpful to use strategies such as the Leuven Scales to help understand children's emotional wellbeing. For more information on these please see: [How To Apply The Leuven Scales In Practice](#). You can also download the scales themselves here:



[leuven-scale.pdf](#)

Here are a few ideas that some of our settings have found work well for them:

- having the door drop off in the morning but then allowing the parents in for the afternoon pick up
 - parent consultations in the outside space
- having scheduled stay and plays for a week with one or two parents at a time to limit contacts
- inviting parents to forest school sessions, for nature walks or a stay and play in the garden so that any contact is outside in the fresh air

It is also important to consider how you support the transition of new children and families into your setting, especially if visits and settling in sessions are not being offered.

Christmas Cooking Activities and Recipes

It is great to see so many settings bringing back cooking activities after the restrictions of covid rules. To help you with this you can find some new recipes that you can easily recreate in your setting in [Nutrition Advent Calendar](#) from the Early Start Group; such as:

- a snowman face porridge bowl for breakfast
or
- veggie-topped bauble rice cakes.



Accident Prevention Choking Hazards

We have had some queries recently about snack foods and choking risks. Please refer to the government advice [Food safety - Help for early years providers](#). You can find more advice on choking hazards and how different foods should be cut for different ages in:

- [Early Years Choking Hazards Table](#)
- [Finger Food without the fear](#)
- [Choking hazards at home](#)



Wellbeing



If your setting is insured through Morton Michel, did you know that they have a host of wellness resources and offers for the Early Years sector? This includes:

- A 10% discount *Wellminds at Work* – this is a mental health consultancy that offer remote training focused on positive mental health in the workplace. *This would help meet criteria 8b within Section 8 of your HALO Health and Wellbeing Check)*
- *Exclusive 20% discount on 'My Mood Stars'* – these are soft and tactile resources to help children explore their emotions to support their PSE development, particularly for those identified as on the autism spectrum. For more information visit: www.mymoodstars.co.uk

HALO Training

Please be advised there has been a change of date for January's 'Infant Feeding' training course. This will now be on 24th January 6-8pm. All settings that were booked on should have been contacted already.

There are still places available on the following training courses. Please contact your HALO Coordinator or email the HALO Team Mailbox (HealthyActiveLittleOnes@eastsussex.gov.uk) to book a place.

Emotional Wellbeing (online)
9th December – 6pm-8pm

Infant Feeding (online)
24th January – 6pm-8pm