

Healthy Holidays Calderdale: DfE Framework of 7 Standards

1) Food

We would like all schemes to help bridge the 'holiday experience gap' by providing at least one meal at each activity session. This could be breakfast, lunch or tea. **Please bear in mind that the meal provided is intended to be the child's main meal of the day in terms of the nutritional content.** We would like that meal to be a **hot meal** and we encourage you to consider carefully how you could provide hot food. For example, could you engage a local food provider/café/community café to support you in providing healthy cooked food? Priority will be given to organisations who evidence innovative solutions and partnerships to providing hot meals.

When children arrive at holiday schemes, they may not have had a meal at home beforehand. We recommend budgeting for a healthy 'arrival snack' to ensure all children have energy for the scheme activities.

We want all children to enjoy sharing nutritious food with you at the holiday activity session. We ask that you consider dietary needs, religious and cultural diversity in food and allergies. Please also comply with regulations on food preparation and hygiene.

The Soil Association have provided Top Ten Food Tips for holiday scheme providers. These meet the *School Food Standards*:

<http://www.schoolfoodplan.com/actions/school-food-standards/>

- ✚ Clubs must provide one meal (breakfast, lunch or tea)
- ✚ A hot meal is the preferred option
- ✚ Keep your food offer simple incorporating vegetables
- ✚ Limit high fat, salt, sugary foods (max x2 per week)
- ✚ Include a different starchy carbohydrate each day (variety of 3 across the week)
- ✚ Account for allergens and dietary needs
- ✚ Keep your puddings fruit or dairy based
- ✚ Think about portion sizes for children – as a simple rule use the palm of a child's hand to set your portions
- ✚ A basket of bread and salad should be offered in addition to the main food offer
- ✚ Water should be the main drink on offer
- ✚ Integrate the making of the meal with activities such as fruit kebabs, salad, soup, veg sticks etc
- ✚ Dining environment – food is more enjoyable when children sit together

Holiday scheme providers are welcome to join Calderdale's Food Poverty Forum. It's a good place for providers to meet other organisations working in this area. Contact <https://www.vsialliance.org.uk/> for more information

2) Enriching activities

We want children to have fun and be engaged in activities during the four hours they spend at your holiday activity sessions. We are looking for fun activities that also provide new skills or knowledge, or consolidate existing skills and knowledge, or try out new experiences. This could focus on one activity or a range of activities during each session. For example:

- **Physical activities**, for example, football, dance, judo, table tennis, badminton, basketball, 'mini Olympics', dodgeball, boxing, volleyball, gymnastics, climbing, cycling, rounders, skateboarding, parkour or cricket
- **Creative activities**, for example, putting on a play, junk modelling, sculpture, cooking, bushcraft, creative writing, meditation, film making, arts & crafts, gardening/growing projects or music
- **Experiences**, for example, a nature walk, treasure hunt, visiting a local attraction such as Shibden Hall or Ogden Water, or visiting a farm

3) Physical activities

Part of closing the Holiday experience gap is giving children the opportunity to take part in physical activity – as they would at school during playtimes and PE and other curriculum activities. We would like schemes to provide activities on a daily basis which meet the NHS Physical Activity Guidelines. These guidelines say that children of all ages should take part in 60 minutes of moderate to vigorous physical activity a day. **This does not mean you need to run hour-long physical activity sessions.** For example, you might plan the following as part of your holiday session:

- eat lunch together
- 20-minute nature ramble, collecting things to make pictures
- Picture creation
- Story time/tidy-up time
- game of rounders for half an hour
- Play with indoor/outdoor toys
- 20-minute yoga/football/cricket/running session.
- Or walk to the park for an hour.

All this together would mean children had taken part in over 60 minutes of physical exercise during their 4-hour session. You could also link with particular providers of sports activities to run sessions at your venue a couple of times a week e.g. Karate. We are asking providers to **prioritise outdoors activities** to a) promote healthy lifestyles and b) work in a covid-safe manner

although we recognise this may be challenging in December and indoor activities will necessarily need to be planned.

*The Healthy Holidays Co-ordinator can link you to **Active Calderdale** for more support with provision of physical activities:*
<https://active.calderdale.gov.uk/>

4) **Nutritional education**

We would like your holiday activity sessions to include an element of nutritional education each day, aimed at improving the knowledge and awareness of healthy eating for children. **These do not need to be formal learning activities** and could for example include activities such as getting children involved in food preparation and cooking, doing a sugar smart [quiz](#) growing fruit and vegetables, and taste tests. Sign up to the 'Calderdale Sugar Smart Campaign' and the 'Calderdale Food Charter' here:

<https://www.sustainablefoodplaces.org/members/calderdale/>

5) **Food education for families and carers**

In order to ensure some lasting impact from the Healthy Holiday Fund we are asking holiday schemes to include one training and advice session for parents, carers or other family members which provide advice on how to source, prepare and cook nutritious and low-cost food. **This does not need to be formal cookery/budgeting classes.** We know from experience in other areas that holiday schemes work best when there is some parental involvement. Please note that parents must be supervised by a DBS-checked staff member or volunteer at all times. It is important that parents are not left alone with children while attending holiday schemes. These sessions with parents could be centred around food and planned so information is shared in a non-judgemental way e.g. parents join at the end of the session for a parent and child snack together. Schemes can use existing resources such as 'Sugar Swaps' booklets and share useful links with parents.

6) **Signposting and referrals**

Spending time with children and their families will mean that bonds are formed and trust developed between children, families and scheme staff. These relationships might encourage children or family members to share information around their needs e.g. debt advice, caring responsibilities or safeguarding issues. Holiday schemes must be prepared to offer information, signposting or referrals to other services and support that would benefit the children who attend their provision and their families. For example:

- i. Citizen's Advice Bureau
- ii. School Nurses, dentists or other healthcare practitioners
- iii. Family Support Services or Children's Services
- iv. Housing Support Officers
- v. Jobcentre Plus

vi. Organisations providing financial education

As part of the engagement with families, schemes could provide information sessions with providers e.g. having a stall at 'home time' or to provide a short talk on their work

7) Policies and procedures:

Providers offering holiday schemes for children need to have adequate policies and procedures in place. We will require projects to induct their staff and volunteers in all policies and procedures.

We ask that projects will provide or arrange any necessary training to make sure that all staff have suitable skills and experience to look after children. Please ensure all staff and volunteers are made aware of and operate according to your policies and procedures, especially on joining your organisation and at other times throughout delivery as appropriate

*If there are some training needs you need support with, **please highlight these in your application.** Voluntary and community groups can contact VSI Alliance for support with training, policy development and writing funding applications:
www.vsialliance.org.uk*

Holiday schemes will need to evidence they have relevant and appropriate policies and procedures in place in relation to:

- i. Safeguarding
- ii. Health and Safety
- iii. Insurance
- iv. Equality & Diversity and/or Accessibility and inclusiveness

Existing childcare providers will also need to evidence their registration with Ofsted and their compliance with Ofsted requirements for working with children

(a) Safeguarding:

The Council expects the highest delivery standards in keeping children/young people and vulnerable adults safe.

Organisations must be able to demonstrate and explain their safeguarding arrangements in relation to the projects they are seeking to deliver. They must have relevant and appropriate policies and procedures in place. Specifically, Healthy Holidays approved projects must have:

- a safeguarding and child protection policy in place, including procedures for dealing with safeguarding incidents which are communicated to and understood by all staff members

- awareness of and training on the specific safeguarding issues that can put children at risk of harm (for example, abuse and neglect, peer-on-peer abuse, extremism and radicalisation)
- clear procedures on what to do if they have concerns about a staff member, volunteer or other adult who may pose a risk of harm to children
- an appointed designated safeguarding lead (DSL), who has undertaken safeguarding and child protection training
- named individual (such as the DSL) whose details are shared with parents so they can raise safeguarding concerns, or if you are a lone organisation the contact details of your local authority's children's services or the NSPCC helpline number
- contact details for the DSL and the local authority designated officer (LADO) and know the local referral route into children's social care.

(b) Suitability of staff and volunteers

Healthy Holidays organisations must:

- ensure staff and volunteers have had relevant pre-employment checks (for example, **DBS check**, verification of identity)
- have procedures in place to check the suitability and training requirements of staff and volunteers after their appointment.

(c) Health and Safety:

All projects must be compliant to all appropriate health and safety regulations for the type of service/project being delivered. The policies must be in place and all staff and volunteers inducted and are able to deliver in accordance with risk assessments.

A first aid trained member of staff must be on site when your project is being delivered.

(d) Insurance:

Funded projects must provide evidence of appropriate insurance in place for the activities to be delivered. This will include Public and Employers' Liability as a minimum, and may also include Professional Indemnity, and/or Motor insurance cover, depending on service being provided. Please include copies of insurance policies and level of cover in place with your application

e) Accessibility and inclusiveness

Calderdale aspires to having a Healthy Holidays programme that has a diversity of different types of accessible projects and schemes operating across the Borough and offering different locations, times, and types of scheme.

Calderdale Council requires projects and schemes to consider **people, place and price**. We acknowledge that there will be a wider range of community

projects and services that already connect with target families and young people. We want holiday schemes to partner these projects to best meet the standards outlined above.

What is equality for a Calderdale Healthy Holidays project?

Equality means recognising and responding fairly to the individual needs and identities of all others. It provides everyone with an opportunity to reach their full potential and have an equal chance to live their life as they choose.

All projects are to have high regard to equality of access and demonstrate excellent practice in inclusive provision. Calderdale Council expects organisations to train staff and volunteers to deliver and environment enables children/young people to feel respected and valued.

You will need to think about how you will get to know the needs of a Healthy Holidays funded place child and family before and during their attendance. Please consider how you will use this information to support a child's experience at your provision.

We also acknowledge that there may be some children who require specialist support. We seek and invite projects from organisations that specialise in providing activities for children and young people with the most challenging needs.