



GROW WELL CHOICES EARLY YEARS

HOMELINK



Session 1 – Be Active Together



Today at nursery the children were introduced to 'Grow Well Farm' and the animals that live on it. These include Hamish the Horse, Hazel the Hen, Heather the Highland Cow and Lewis the Lamb. The animals are excited about taking part in the Highland Games. They are having fun and being active as they prepare for the games.

Key Messages that we deliver in nursery

- Physical activity, especially in the form of play, is important and should be encouraged during the first five years of life.
- Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.¹
- Physical activity includes all forms of activity: -
 - Everyday activity/active living e.g. walking to nursery, walking to the shops, tidying up after playing, scooter to shops, bike to friends, gardening.
 - Active recreation e.g. walking, cycling, active play, dancing.
 - Sport e.g. more structured activity dancing, swimming, gymnastics, football, rugby, cheerleading.
- All under fives should spend as little time as possible sitting (e.g. in front of a TV or computer) or restrained in a push chair for extended periods (except time spent sleeping).
- The body changes when it is being active e.g. 'huffing and puffing', heart beating fast, flushed cheeks, feeling sweaty, feeling hot.

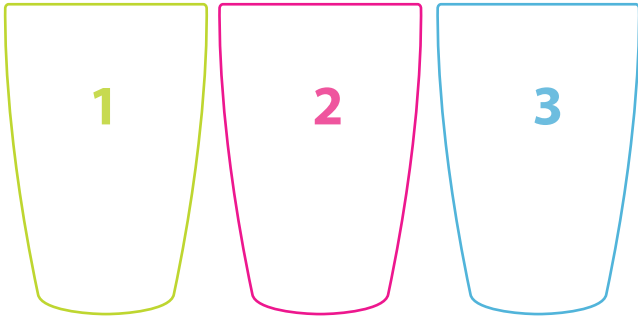


Please help
your child complete
the following
activities and return
to the nursery on :

¹ Scottish Government recommendations for Physical Activity
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf

1. I drank water after being active this week

Colour in the water cups below each time you drink water after being active this week.

Three water cups are shown side-by-side within a rounded rectangular frame. The first cup on the left is outlined in green and contains the number '1' in green. The middle cup is outlined in pink and contains the number '2' in pink. The third cup on the right is outlined in blue and contains the number '3' in blue.

Draw more cups if you drank water on more than 3 occasions after being active

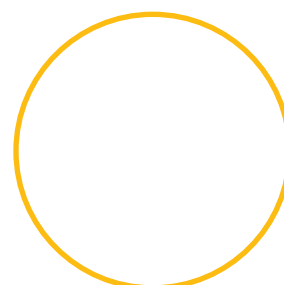
2. I tried a new physical activity this week

In the space below show your new activity. You can draw, cut out and stick in a picture or a photo of you doing your new activity.

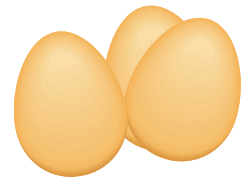
A large, empty rectangular area with rounded corners, outlined in orange, intended for a child to draw or paste a picture of a new physical activity.

3. I did some more physical activity instead of spending time in front of a screen (TV, computer or hand held games) this week.

Draw a smiley face on the circle if you swapped screen time (TV, computer or hand held games) for physical activity this week or draw a sad face on the circle if you did not manage to swap screen time for physical activity this week.



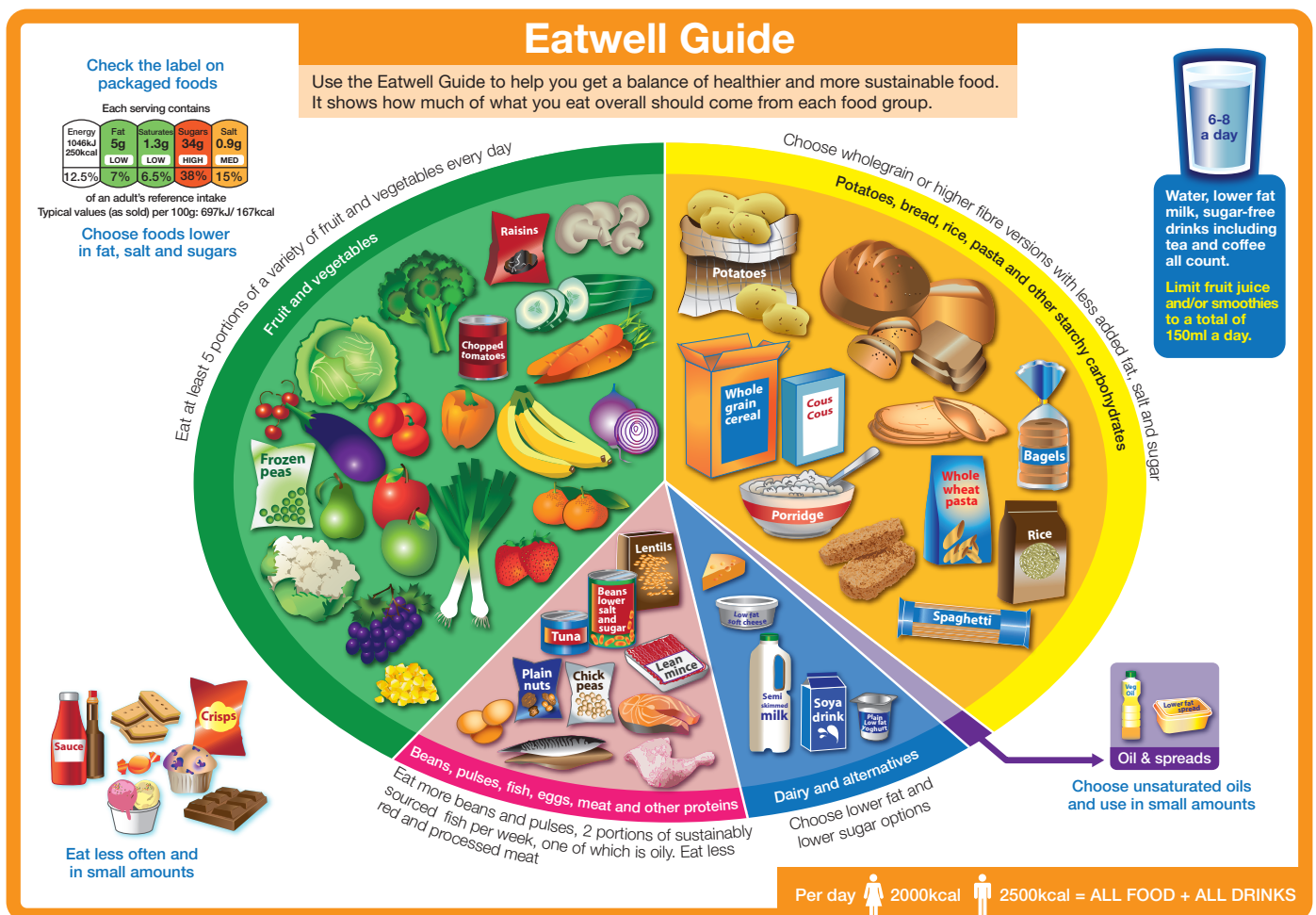
Session 2 – Eat well TOGETHER



This week on Grow Well Farm the animals work together to gather food from the farm to make a delicious meal. The meal has key components from the eatwell guide, which they enjoy eating together. They also continue to practice for their Highland Games.

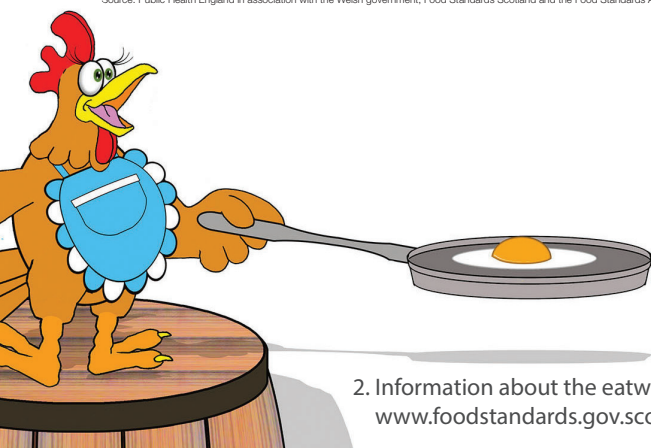
Key Messages that we deliver in the nursery

- The eatwell guide is a visual illustration of the food groups required to achieve a well balanced and healthy diet²
- The eatwell guide is divided into 5 sections to represent different food groups
- The sizes of each section of the eatwell guide represents the average amount of food we need to have from each food group
- The importance of hydration, drink 6-8 glasses of fluid a day
- If consuming foods and drinks high in sugars, fat and salt have these less often in small amounts



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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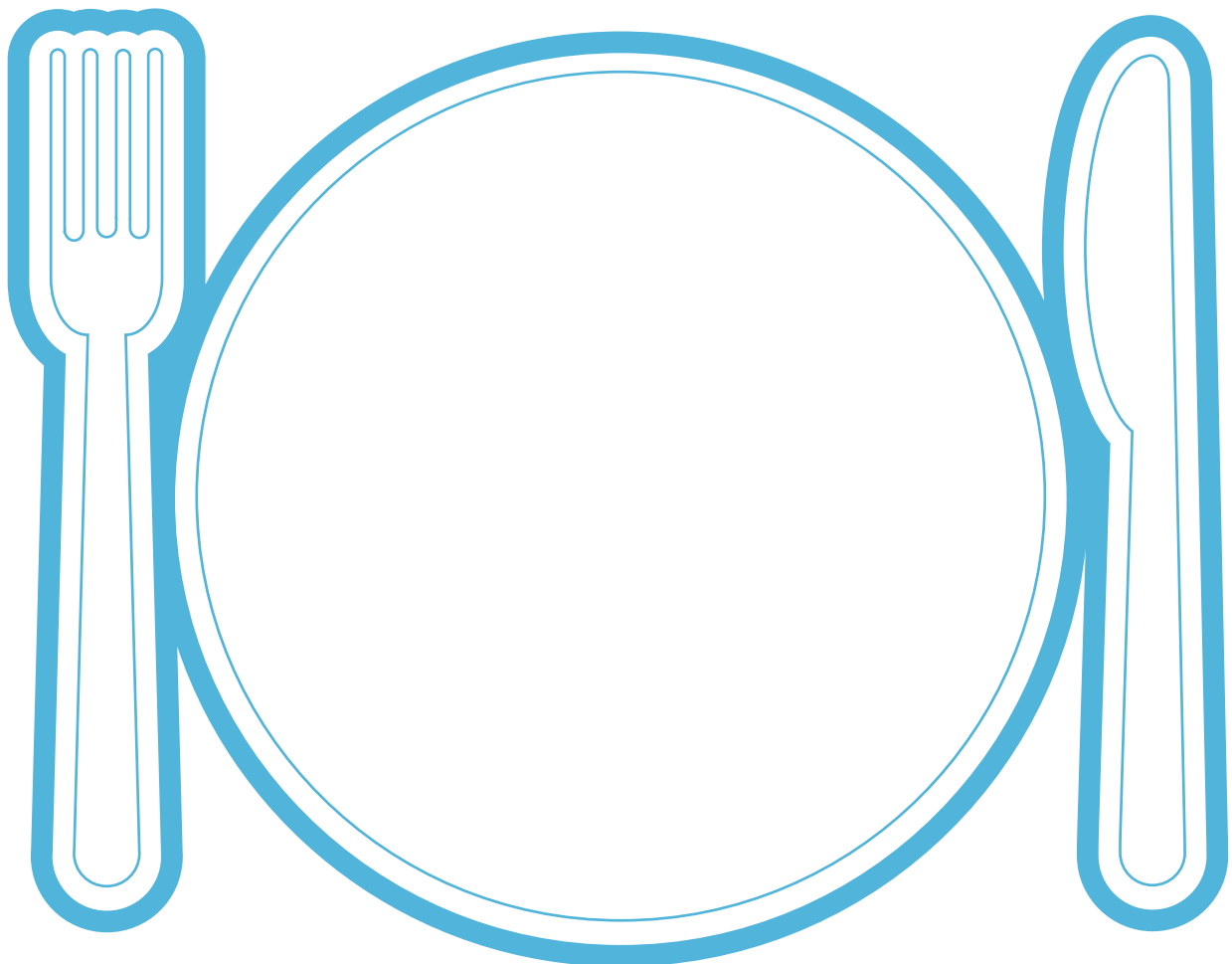
Please help your child complete the following activities and return to the nursery on :

1. I tried a new fruit and/or vegetable this week

In the space below show your new fruit and/or vegetable. You can draw, cut out and stick in, insert a picture or use crafts.

2. Give an example of a yummy meal and drink you enjoyed this week

In the plate and cup below, show an example of your meal and drink. You can draw, cut out and stick in a picture or stick in a photo of your lovely meal.



Session 3 – Smile!



This week on Grow Well Farm, Hamish the Horse talks about how he loves brushing his teeth twice a day for two minutes at a time. He also teaches the other animals that drinks such as fruit juice and other sugary drinks should be drunk with a straw and / or with a meal. The animals continue practicing for the Highland Games before all brushing their teeth before bed.

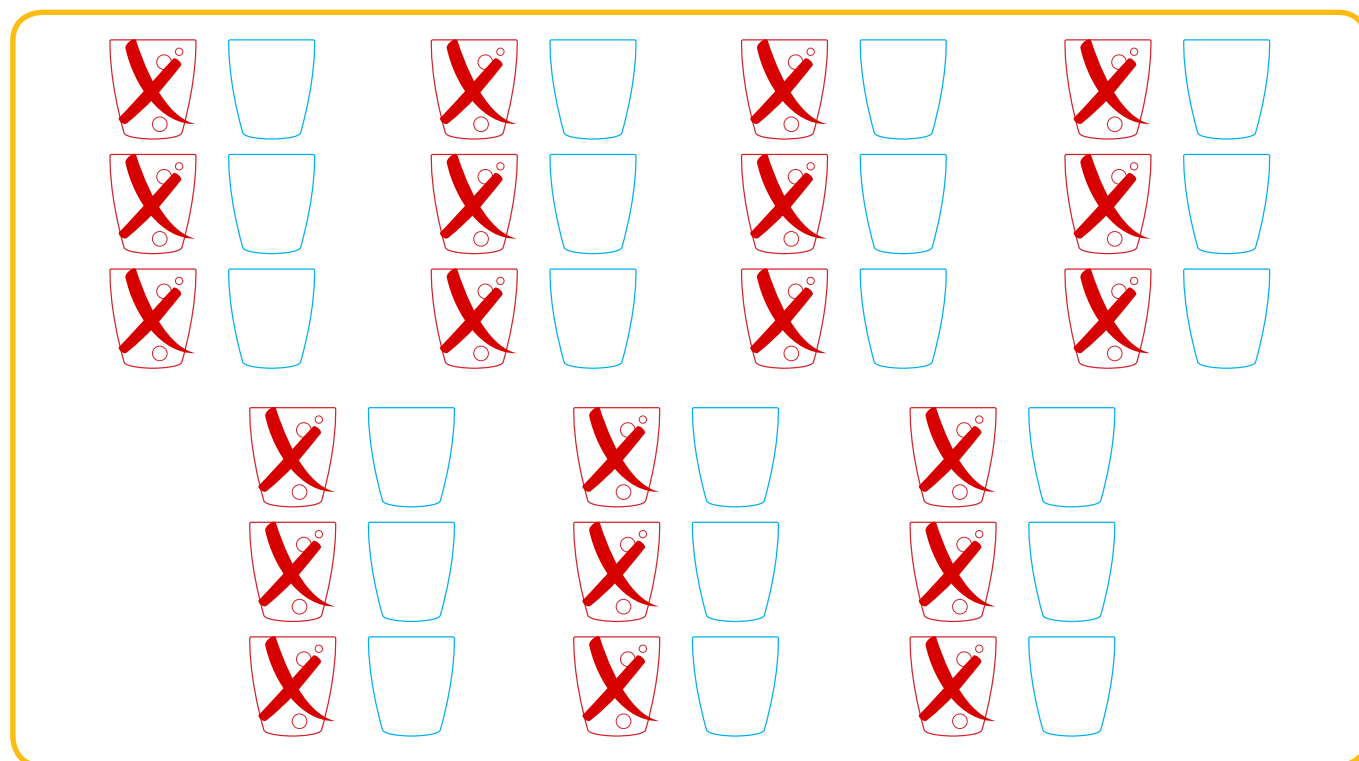
Key Messages that we deliver in the nursery³

- To keep teeth healthy it is recommended to:
 - Brush teeth twice a day for 2 minutes
 - Brush in a circular motion with a pea sized amount of toothpaste
 - Spit don't rinse after brushing teeth
 - Replace toothbrush regularly
 - Visit the Dentist for regular checkups
 - Cut out or cut down intake of sugary/fizzy drinks (including diet varieties)
 - Ensure fresh and diluting juices are well diluted (ratio of 1 part juice to 10 parts water)
 - If having sugary drinks, limit them to mealtimes only and use a straw
 - Drink milk as it is a good source of calcium for strong teeth and bones.
 - Milk and water are the only teeth friendly drinks
 - Eat healthier snacks

















Please help
your child complete
the following
activities and return
to the nursery on :

Colour in the glass of water below for each time you swapped a fizzy drink for water.



Colour in the moons and suns below to show each time you brushed your teeth for 2 minutes this week.

	BEFORE BED	IN THE MORNING
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

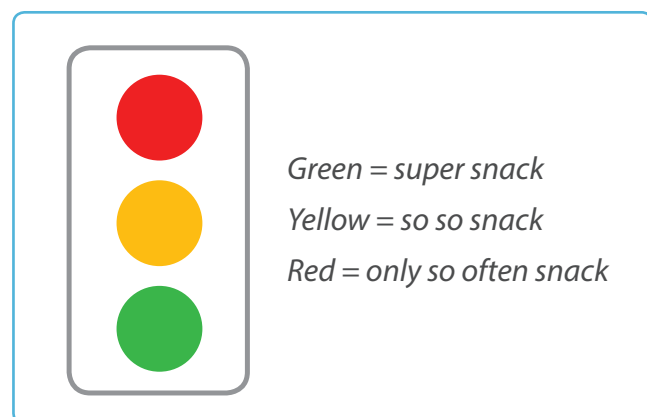
Session 4 – Feeling Peckish



This week on Grow Well Farm, Lewis the Lamb walks to the dentist after learning from Hamish the Horse about keeping his teeth clean and healthy. The other animals are active as they clean the barn. Lewis is hungry when he returns from his walk. The farm animals talk about what they can have for a snack. They each have a different snack and this gives them energy to be active.

Key Messages that we deliver in the nursery

- Ideally we should aim to have three meals (breakfast, lunch and evening meal) and two snacks (mid-morning and after school snack) per day, also known as 3 + 2.⁴ This stops us from getting too hungry in between meals and avoids us having too many small snacks during the day (grazing).
- Snacks work on a traffic light system:



Green: Super snacks

Choose these snacks most of the time. They are low in sugar and also low in fat.

- Fresh fruit e.g. apple, banana, oranges, plums, pears and peaches
- Raw vegetables, e.g. carrot, celery, cucumber, peppers, cherry tomatoes
- Bread, bread rolls, bread sticks, toast with low calorie spread, rice cakes
- Crackers, crisp bread, plain popcorn
- Low fat and low sugar yoghurt
- Glass of semi-skimmed milk
- Plain cereal e.g. wheat biscuits, porridge

Yellow: So so snacks

These snacks can contain high amounts of fat and/or large amounts of sugar as well as salt. You can experiment with making healthier homemade versions of these snacks

- Seeds and fruit mix, Bombay mix
- Sandwiches, bagels
- Plain biscuits e.g. digestives, rich tea
- Plain or fruit scones, teacakes, crumpets, muffins and pancakes
- Snack size cheese portions e.g. soft cheese triangles, stringy cheese sticks
- Baked crisps, flavoured rice cakes, cheese dunkers, smoothies, fruit juice (but remember to use a straw)

Red: Only so often snacks

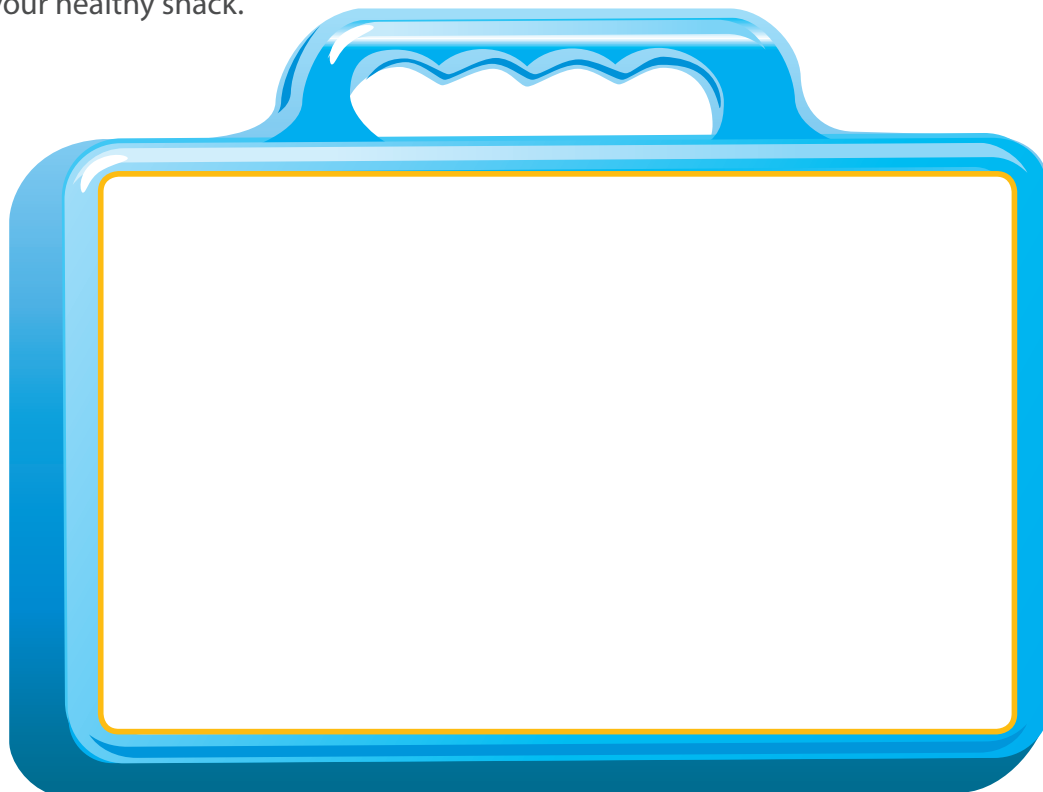
These snacks contain large amounts of sugar and/or fat. Save these for the occasional treat

- Sweets e.g. jellies, pastilles, fruit gums, liquorice, chews, boiled sweets, mints
- Chocolate, filled chocolate bars, chocolate eggs
- Chocolate covered biscuits
- Sweetened popcorn
- Cakes e.g. mini chocolate rolls, doughnuts, chocolate biscuits, fairy cakes, chocolate crispy cakes, flapjacks, gateaux, apple pies, jam tarts
- Crisps and other savoury snacks
- Ice cream, choc ices, ice lollies
- Fizzy drinks, sugar coated cereal
- Cereal bars can be a quick and easy snack, however, some cereal bars can contain a lot of fat and/or sugar. It is a good idea to look at the labels to find the best option.

Please help
your child complete
the following
activities and return
to the nursery on :

1. I had a healthy snack

In the packed lunch box below show the healthy snack you chose. You can draw, cut out and stick in a picture or photo of your healthy snack.



2. I tried a different green snack this week

Next to Lewis below show the different green snack (super snack) you tried. You can draw, cut out and stick in, insert a picture or use crafts.



Session 5 – Healthy Balance



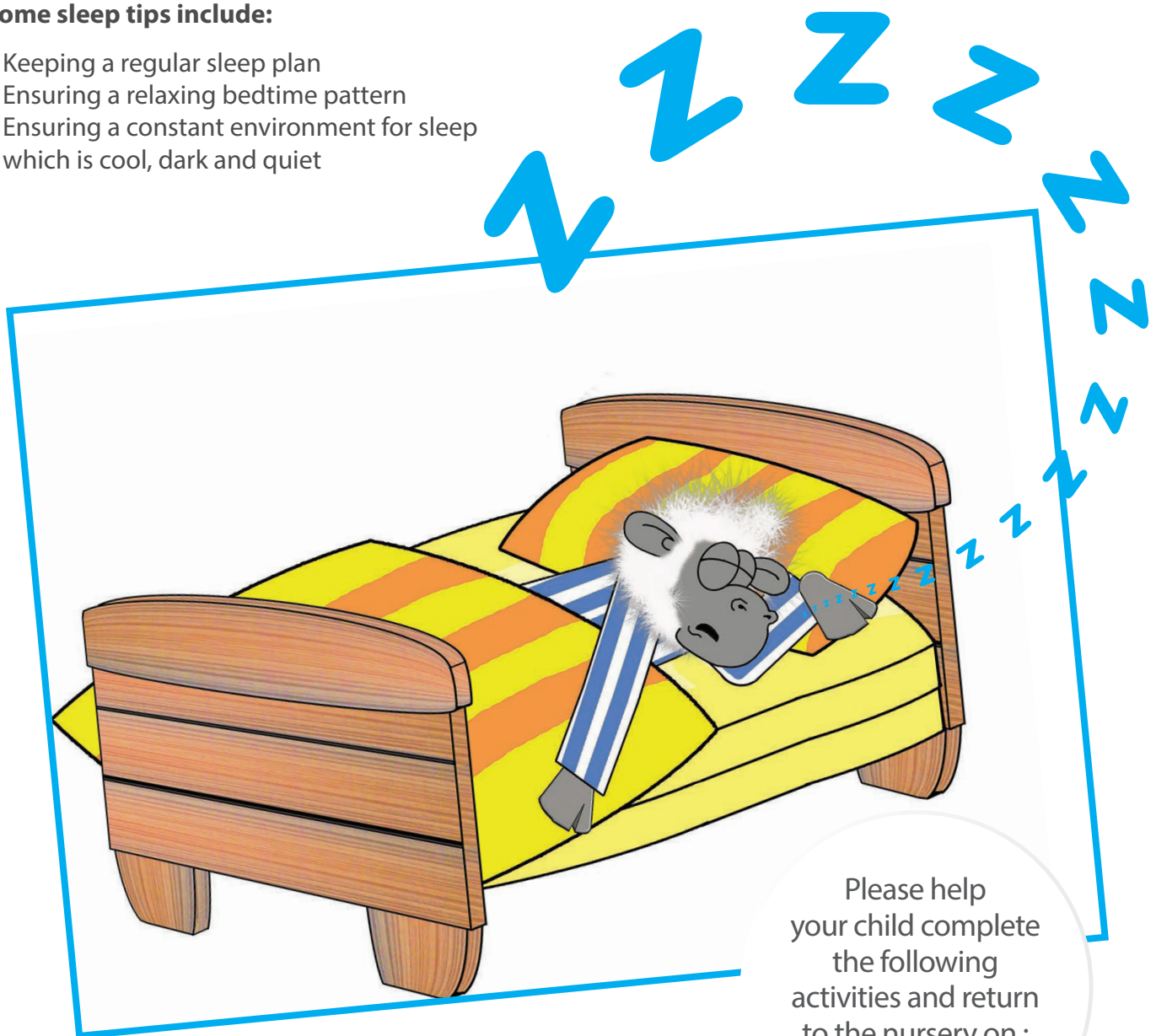
This week on Grow Well Farm Hazel the Hen, Hamish the Horse and Heather the Highland Cow wake up early, have some breakfast and then go outside to practice for the Highland Games. Lewis the Lamb gets out of bed when he hears the other animals playing. Lewis soon gets tired because he did not have breakfast to give him energy to play. Lewis has a snack to give him some energy. The animals go to bed early so they can get up early for the Highland Games.

Key Messages that we deliver in the nursery

- It is important to have breakfast in the morning to set us up for the day ahead
- The body needs energy from food and drinks to work well and support play
- Children between the age of 3 and 6 years need about 12 hours of sleep each night⁵

Some sleep tips include:

- Keeping a regular sleep plan
- Ensuring a relaxing bedtime pattern
- Ensuring a constant environment for sleep which is cool, dark and quiet

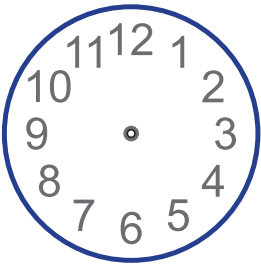
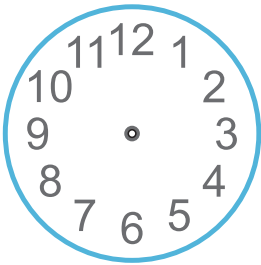
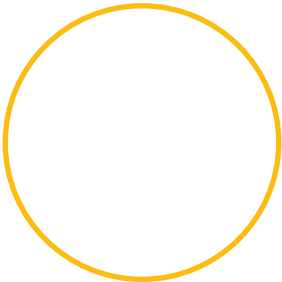
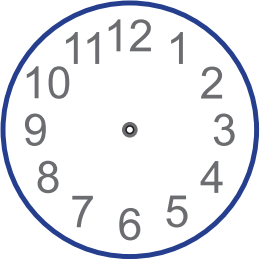
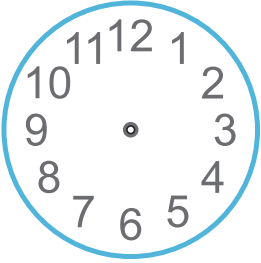
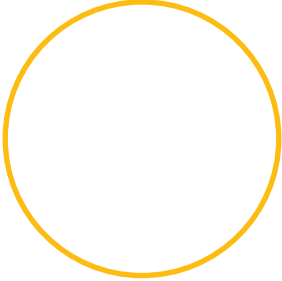
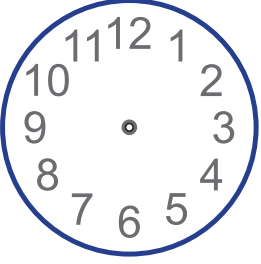
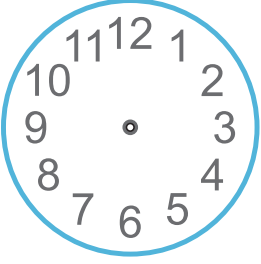
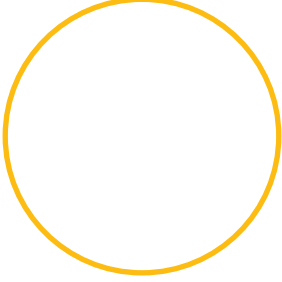
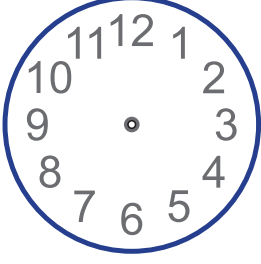
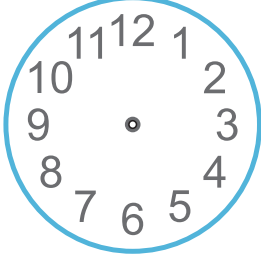
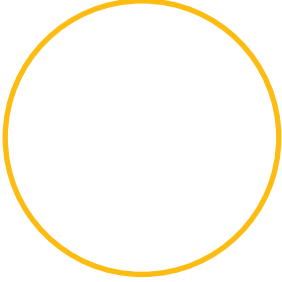
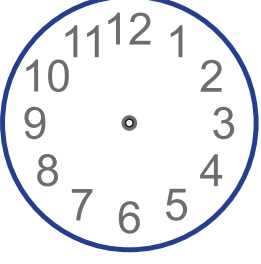
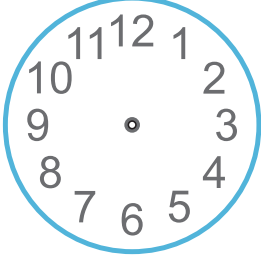
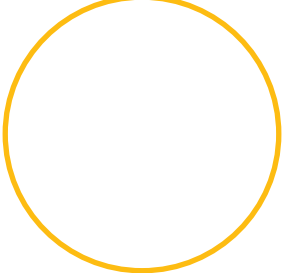


1. I had about 12 hours of sleep each day this week

Get someone to help you draw hands on the clocks in the chart below to show what time you went to bed and got up in the morning.

2. I had breakfast when I got up this week

On the same chart, draw a smiley face if you had breakfast. Draw a sad face if you didn't have breakfast.

	I went to bed at...	I got out of bed at...	I had breakfast...
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			

Session 6 – Going to the Games

It is the week of the Highland Games. All the farm animals get out of bed, have breakfast and get ready to go to the Games. At the games they all take part in their chosen activity and the other animals cheer them on. After they have taken part, they sit down together to enjoy a lovely picnic in the shade. The animals all receive a medal for taking part in the games. They all go home happy.

Summary of the key messages that we deliver in the nursery

1. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.⁶
2. It is recommended to have a selection of food from the main food groups to achieve a balanced and healthy diet.⁷
3. Brushing teeth for 2 minutes twice a day, visiting the dentist regularly and reducing sugary food and drink between meals all help towards keeping teeth healthy.⁸
4. $3 + 2 =$ having three main meals (breakfast, lunch and evening meal) plus two healthy snacks (mid-morning and after school snack) per day.⁹ This is a simple rule to stop us from getting too hungry in between meals and avoids us having too many small snacks during the day (grazing).
5. Getting a good night's sleep can be achieved by keeping a regular routine with a constant environment (cool, dark and quiet).¹⁰

YOUR CHILD HAS NOW COMPLETED ALL 6 SESSIONS OF GROW WELL CHOICES. CONGRATULATIONS!



6 Scottish Government recommendations for Physical Activity -

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf

7 Explanation of eatwell guide and picture of eatwell guide from the Food Standards Agency -

<http://www.foodstandards.gov.scot/nutrition-healthy-eating/eating-healthily/eatwell-guide>

8 Advice given from teeth TLC re keeping teeth healthy - http://teethtlc.beconvivial.com/library/images/Top_Tips.pdf

9 Recommendation for 3 main meals and 2 snacks per day – HENRY – Healthy Exercise and Nutrition for the Really Young
<http://www.henry.org.uk/>

10 Advice on the recommended hours of sleep and tips for a good sleep -

<http://www.sleepfoundation.org/article/sleep-topics/children-and-sleep>