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| **DE Reference: EXAMPLE** | **Setting Name: EXAMPLE** | | | |
| **Happy Healthy Kids** | **Objective:** To support families to develop healthy lifestyles, emphasising the benefits of exercise for pre-school age children and the need to reduce screen-time. | | | |
| **Evidence of local need:** (give reasons for selecting this theme, including any issues raised by parents that you hope to address) Our parents have asked if we could come up with a way of cutting down screen time and getting the kids to get outside to do more physical activity. We would like to promote the development of gross motor skills with Happy Healthy Kids funding. | | | | |
| **Implementation**  Outline focus and type of session to be held e.g. workshops, play and stays, information sessions.    Practitioners are required to deliver the workshops/sessions in their own setting as far as possible (Transport costs cannot be provided)  Funding **should NOT** be used for external facilitators. | | **Resources**  Funding will not be available to purchase other generic pre-school equipment, or IT hardware/software.  **All purchased resources MUST be for home lending.** | **Essential Session Costs**  If session costs are needed, please provide a **full breakdown** including amount required, for example; for hospitality, administrative materials, staff costs including caretaking – specify hours and rate.  (N.B. Preparation time cannot be included) | **Sustainability**  Describe your plan for ensuring sustainability of the theme(s) beyond the period of funding from Getting Ready to Learn.  (e.g. sustainability of resources purchased, prioritised in school development plan). |
| **Implementation Plan:** (Include number and length of planned sessions)  We will hold an information session and invite parents along to discuss the importance of physical activity and building healthy eating habits. We will also talk about how to develop gross and fine motor skills and use resources at home. (1 session – 1hr)  We will also hold a stay and play session with the children and their parents. We will demonstrate how to develop specific skills and encourage more interaction. (1 session – 1hr)  **Proposed start / completion dates: October 2019 – March 2020**  ***NB: Funded sessions to be completed by 31.03.20*** | | **Resources:**  A variety of resources to develop physical skills for home lending = £225  PE bags to send the resources home in = £45  2 x storage boxes = £55  **Total: £ 325** | **Essential session cost**s:  Hospitality (tea, coffee and biscuits)  **Total: £ 25** | **Sustainability considerations:**  Our resources will continue to be used year after year. The setting will replenish resources packs as required.  Promoting physical development is highlighted in our development plan. |
| **Number of sessions: 2**  **Number of hours per session: 1** |
| Settings are advised to consider key performance measures to ensure planned programme will contribute to outcomes.  **Key performance measures will include:**  % of parents participating  % of parents reporting an increased understanding of the importance of gross and fine motor skills and the impact on brain development  % of parents reporting an increase in their child’s regular physical activity  % of parents reporting a reduction in screen time  % of parents reporting an increase in healthy eating habits | | Settings with DE funded pre-school children are eligible for up to **£350**  **NB – All resources should be purchased in term 1.**  **All funding must be used by 31 March 2020** | | |