

# Bronze Award Structure



**HEALTHY EARLY  
YEARS AWARD**  
Southampton

Email [HEYA@southampton.gov.uk](mailto:HEYA@southampton.gov.uk) to let us know which award you are about to commence.

**For Bronze Healthy Eating Award**  
Download the following from the website:

- *Healthy Eating Standards (meals or snacks & drinks only depending on provision)*
  - *Healthy Eating Theme Criteria*
  - *Healthy Eating policy template*
  - *Bronze self-assessment form Healthy Eating*
- And – Look at a supplementary guidance

**For Bronze Physical Activity Award**  
Download the following from the website:

- *UK Chief Medical Officers' Physical Activity Guidelines*
  - *Physical Activity standards form*
  - *Physical Activity policy template*
  - *Bronze self-assessment form Physical Activity*
- And - Look at a supplementary guidance

**Compare** current practice & provision with the Healthy Eating Standards and Healthy Eating Theme Criteria or Physical Activity and **identify any gaps to be worked on**. Setting consults with staff team, parents & committee.

Work towards meeting standards for the bronze award. This may include **making changes** to your menu, healthy eating policy / or physical activity provision, undertaking questionnaires and looking at your setting's ethos.

Once you are satisfied that your setting is meeting all relevant standards for the Bronze award, **complete all parts of the Bronze self-assessment form**.

**Email support available** from the HEYA team at any time during this process, via the HEYA email address

**HE - Submit the following by email:**  
**HEYA@Southampton.gov.uk**

- *Old menu*
- *Old healthy eating policy (if you had one)*
- *New (or updated) menu*
- *New / updated healthy eating policy*
- *Completed Bronze self-assessment form*

**PA - Submit the following by email:**  
**HEYA@Southampton.gov.uk**

- *Environmental rating scales scores and identified areas for development*
- *New / updated physical activity policy*
- *Completed Bronze self-assessment form*

Your submission will be reviewed by the HEYA panel and you will be advised if you have achieved the award. Confirmation of achievement, logos and a copy of your certificate will be sent out. If you do not fully meet the standards, advice will be provided in order for you to amend your submission and to successfully achieve the award.

Consider completing another **Bronze** level or moving on to **Silver** level