

# HSPSS Summer Term Newsletter April 2026

## Welcome back!

I hope you had a great Easter and managed to re-charge your batteries.

In this Summer Term edition of the HSPSS Newsletter, you will find:

- National Healthy and Sustainable Pre School Scheme Review
- HSPSS Padlet
- Pre School Immunisation Pack for staff and families - updated
- Agored Cymru Early Years Food and Nutrition training
- Awareness Dates – Summer Term
- Solihull (now Togetherness)
- Designed to Smile
- Breastfeeding Welcome Venue – how to register
- Gold Standard Healthy Snack Award
- Infection Prevention and Control (2023 v2)



## National review of the Healthy and Sustainable Pre School Scheme – Early Years Setting Survey

The national team in Public Health Wales are undertaking a review of the Healthy and Sustainable Pre School Scheme.

If the funding for the scheme continues, your views will be invaluable in helping shape what the future scheme will look like.

Please find below a link to a short survey, for those settings engaged on the scheme.

**The survey is open till the 8<sup>th</sup> May.**

Cymraeg - [Cynllun Cynaliadwy ac Iach Cyn-ysgol – Arolwg Lleoliad Blynyddoedd Cynnarn – Fill out form](#)

English - [Healthy Sustainable Pre School Scheme - Early Years Setting Survey – Fill out form](#)



# HSPSS Padlet

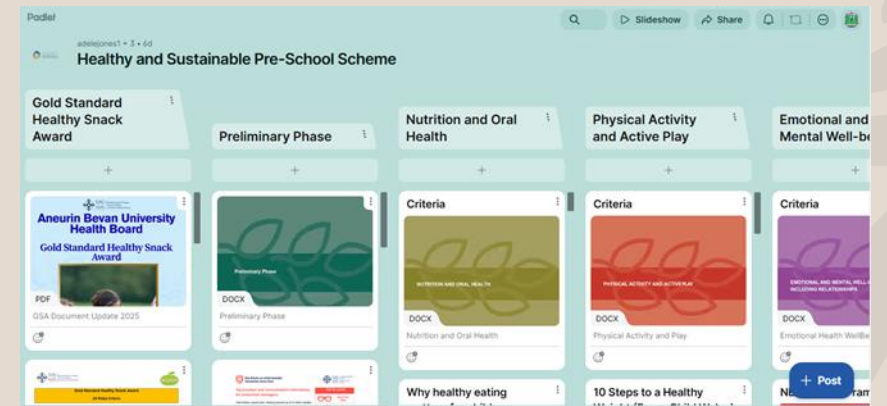
A one stop shop for all things Healthy and Sustainable Pre Schools. The padlet is split into each health topic (Nutrition and Oral Health, Physical Activity and Active Play, Emotional and Mental Wellbeing including Relationships, Environment, Hygiene, Safety and Workplace Health and Wellbeing, Gold Standard Healthy Snack Award and Parent Resources.

Each section includes signposting to evidence based, trusted sources of information. Please click on the link below:

## Healthy and Sustainable Pre-School Scheme

We are working on a Welsh version, which will be sent out as soon as it is finalised.

Let me know what you think and if you have any feedback.



## Preschool Immunisation Resource Pack (Public Health Wales)

Pre School template letters for parents and guardians have been updated to reflect changes to the childhood immunisation schedule in Wales since January 2026.

The pack includes:

Preschool manager letter [English](#) | [Welsh](#)

This information sheet for managers links to the parent and guardian letter, staff letter and preschool contacts.

Preschool resource pack contacts list [English](#) | [Welsh](#)

Preschool parent template letter for print [English](#) | [Welsh](#)

Preschool staff template letter for print [English](#) | [Welsh](#)

Digital preschool staff template letter [English](#) | [Welsh](#)

Changes in Routine Immunisation Schedule to display and share with parents. [Routine immunisation schedules for Wales - Public Health Wales](#)

Further information attached, including bilingual Public Health Wales posters – when to have your vaccinations.



## Agored Cymru Food and Nutrition Early Years Training:

### 2026

- 14<sup>th</sup> and 21<sup>st</sup> of May 2026- Blaenau Gwent (Owl Room Blaina Integrated Children's Centre).
- 23<sup>rd</sup> and 30<sup>th</sup> of June 2026- Caerphilly
- 16<sup>th</sup> and 23<sup>rd</sup> of September 2026- Monmouthshire
- 8<sup>th</sup> and 15<sup>th</sup> of October 2026- Torfaen (Civic Centre Pontypool Room Pontypool Fawr).
- 10<sup>th</sup> and 17<sup>th</sup> of November 2026- Newport

### 2027

- 13<sup>th</sup> and 20<sup>th</sup> of January 2027- Blaenau Gwent (Owl Room Blaina Integrated Children's Centre).
- 11<sup>th</sup> and 18<sup>th</sup> of February 2027- Caerphilly
- 9<sup>th</sup> and 16<sup>th</sup> of March 2027- Newport

*To book onto any of the above dates then please use the QR code or link below:*

<https://outlook.office.com/book/EarlyyearsBookingSystem@wales.nhs.uk/?ismsaljsauthenabed>



**Awareness Dates (please see additional email attachments):**

**Sun Safe Accreditation** <https://www.sunsafenurseries.co.uk/>

*Sun Safe Week 12<sup>th</sup> – 18<sup>th</sup> May*

**Walk to School Week**

*18<sup>th</sup> – 22<sup>nd</sup> May Walk to School/Nursery Week*

<https://www.livingstreets.org.uk/walk-to-school/primary-schools/walk-to-school-week/>



*Thanks to Jo Lane for this photo of her walk to school, using a Safe Route to School.*

If you are registered with the Healthy and Sustainable Pre School Scheme, you will have received your Living Streets packs last year. I will send out further resources by email closer to the time.



# Child Safety Week



**Save the date: Child Safety Week 2026 runs from Monday 1st to Sunday 7th June.**

Child Safety Week is the Child Accident Prevention Trust's annual community education campaign, acting as a catalyst for thousands of safety conversations and activities UK-wide.

They help families build confidence and skills in managing the real risks to children's safety. All children should have the freedom to grow and learn, safe from serious harm.

*Don't miss out. [Sign up now for updates.](#)*

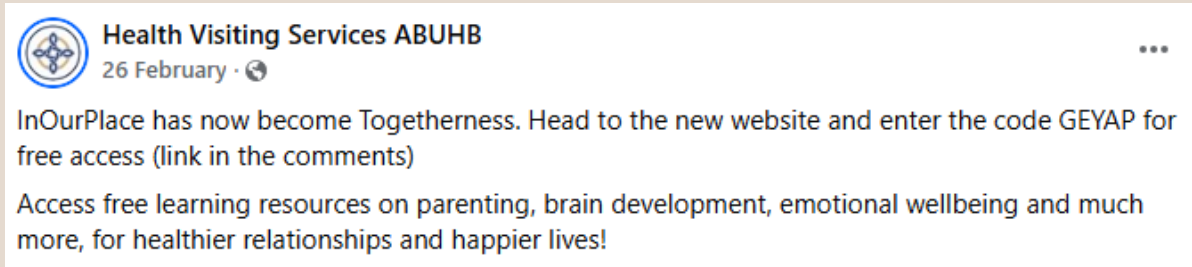
<https://capt.org.uk/pages/category/child-safety-week/>

Really helpful parent facet sheets here [Child Safety Parents' Pack | Child Accident Prevention Trust](#)

**[Grab your 2026 resources here](#)**



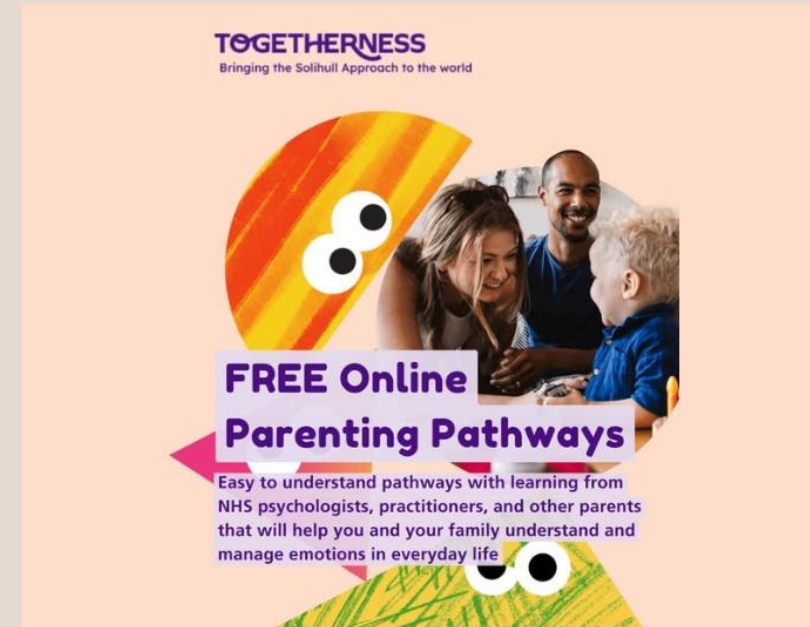
Solihull – now renamed Togetherness <https://togetherness.co.uk/learn/>



Health Visiting Services ABUHB  
26 February · 🌐

InOurPlace has now become Togetherness. Head to the new website and enter the code GEYAP for free access (link in the comments)

Access free learning resources on parenting, brain development, emotional wellbeing and much more, for healthier relationships and happier lives!



**TOGETHERNESS**  
Bringing the Solihull Approach to the world

**FREE Online Parenting Pathways**

Easy to understand pathways with learning from NHS psychologists, practitioners, and other parents that will help you and your family understand and manage emotions in everyday life

Visit the Togetherness Website: <https://buff.ly/rylsX83> and use code **GEYAP** to access the learning pathways for free!

Here you will find a wide range of training courses, information and resources for Early Years staff and families to share.



## Designed to Smile

### Report - 2024-2025 Key Highlights

Latest national data shows that **32.4% of 5-year-olds in Wales have experienced tooth decay**, with children in more disadvantaged areas twice as likely to be affected and with up to *three times* as many teeth impacted.

The **Designed to Smile** programme continues to play a vital role in improving children's oral health and reducing these inequalities. Over the past year, the programme delivered oral health training to more than **1,800 professionals**, supported **60,586 children** through supervised toothbrushing in nurseries and schools, and provided **164,678 home toothbrushing packs** to encourage twice-daily brushing at home. In addition, **677 settings** hosted fluoride varnish sessions, with over **42,800 children** receiving at least one application.

Thank you to all schools, early years settings and partners for your continued commitment to supporting children's oral health across Wales.

[Designed to Smile - Public Health Wales](#) See email attachments for the full report.



# Breastfeeding Welcome Scheme

## Register to become a Breastfeeding Welcome Premises

As part of an All Wales and Gwent Breastfeeding Action Plan to promote, protect and support a parent's right to breastfeed in public and to increase the acceptability of breastfeeding as a normal activity, premises are being encouraged to become breastfeeding welcome.

The process of becoming a breastfeeding welcome premises is very straight forward. After signing up using the form below, you will be given a window sticker and policy to display and information to read and share with any other members of staff.

Many schools and childcare settings have already signed up. To register for the Breastfeeding Welcome Scheme, please follow the link below:

<https://forms.office.com/e/dNXxTNspNC>



 Sign up to become a  
**Breastfeeding  
Welcome Venue**

We're looking for businesses and premises across Gwent to become 'Breastfeeding Welcome' venues. Help to promote, protect and support parent's right to breastfeed in public

**What are the benefits to my business / premises?**  
As well as supporting parents' legal right to breastfeed in public, being part of the scheme offers business a number of benefits:  
Free publicity, local promotion and potential new customers



Interested? Sign up your venue today!

A partnership approach developed by Local Authority, Anafnif Bwedd UHR & Breastfeeding Peer Supporters



 Cofrestrwch i ddod yn  
**Leoliad sy'n croesawu  
Bwydo ar y Fron**

Rydym yn chwilio am fusnesau a safleoedd ledled Gwent i ddod yn lleoliadau 'Croeso i Fwydo ar y Fron'. Helpwch i hyrwyddo, amddiffyn a chefnogi hawl rhieni i fwydo ar y fron yn gyhoeddus

**Beth yw'r manteision i'm busnes / safle?**  
Yn ogystal â chefnogi hawl gyfreithiol rhieni i fwydo ar y fron yn gyhoeddus, mae bod yn rhan o'r cynllun yn cynnig nifer o fanteision i fusnesau:  
Cyhoeddusrwydd, hyrwyddiad lleol a darpar gwsmeriaid newydd



Â diddordeb? Cofrestrwch eich lleoliad heddiw!

Dull partneriaeth a ddatblygwyd gan yr Awdurdod Lleol, BFP Anafnif Bwedd a Chofrestrwch Cymdeithiad Bwydo ar y Fron



## Gold Standard Healthy Snack Award (HSPSS Settings)

Over half of Torfaen Healthy and Sustainable Pre-School Settings have successfully achieved Gwent's Gold Standard Healthy Snack Award, recognising and celebrating good quality snack provision. If you would like more information or to register for the award, please contact Ruth, [ruth.harris@torfaen.gov.uk](mailto:ruth.harris@torfaen.gov.uk)



Reminder of updated Food and Nutrition for Childcare Settings, Best Practice Guidance links:

[Food and nutrition guidance for childcare providers | GOV.WALES](#)

[Canllawiau bwyd a maeth ar gyfer lleoliadau gofal plant | LLYW.CYMRU](#)

The links above include sections on Feeding Babies in your Care and Introducing Solid Foods.



## **Guidance for Childcare, Preschool and Educational Settings**

Thank you to everyone who responded regarding the Infection Prevention and Control Audit Tool you use.

An updated version of the Health Protection in Children and Young Peoples Settings, including Education, has been published and can be found here. **THIS IS THE MOST UP TO DATE AND THE ONE YOU SHOULD BE USING:**

[Guidance for childcare, preschool and educational settings - Public Health Wales \(nhs.wales\)](#)

<https://icc.gig.cymru/gwasanaethau-a-thimau/gwasanaeth-ymateb-aciwt-cymru-gyfan-aware-y-tim-diogelu-iechyd/cyngor-ac-arweiniad-ar-gyfer-lleoliadau-gofal-plant-cyn-ysgol-ac-addysgol/>

### ***Here you will also find:***

Recently updated Exclusion Periods for Common Infections and Next Steps, All Wales Infection Prevention and Control Audit Tool, Health Protection in Children and Young People Settings, including Education, Example of Cleaning Schedules, Example of Checklist of Measures to use during an outbreak and Example of Outbreak Record Form.

All Wales Infection Prevention and Control Audit Tool for Childcare and Education Settings - **The Audit Tool should be completed annually and reviewed termly.** *Please find the documents attached.*



# Cynllun Cyn-Ŷsgol Iach a Chynaliadwy Healthy and Sustainable Pre-School Scheme



Posts from evidence based, trusted sources can be found on the Healthy and Sustainable Pre-School Facebook page to share with parents and the local community:

<https://www.facebook.com/torfaenhspss/>

