

# Bronze Award Structure



**HEALTHY EARLY  
YEARS AWARD**  
Southampton

Please ensure that you sign up for whichever award you intend to start  
[HEYA - Sign up form \(southampton.gov.uk\)](https://southampton.gov.uk).

## 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*  
*Look at further helpful documents*

## Bronze Physical Activity 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*  
*Look at further helpful documents*

## Bronze Mental Health & Wellbeing

### Download the following from the website:

- *MH&W Theme standards*
- *MH&W policy requirements*
- *Bronze self-assessment form*  
*Look at further helpful documents / links*

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

Work towards meeting standards for the bronze award. This may include **making changes** to your menu, policy, environment, curriculum, 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**.

When you have completed all the necessary steps and the self-assessment form, submit all the necessary documents (as detailed in the list at the end of the relevant self-assessment form) to: [HEYA@Southampton.gov.uk](mailto:HEYA@Southampton.gov.uk).

**Please send everything in one email and ensure you have attached everything required.**

Your submission will be reviewed by the HEYA team, 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 for you to amend your submission, re-submit and to successfully achieve the award.

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

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