

The Health and Well-being Standard

What's this standard about?

- ➔ Meeting each child's health and well-being needs
- ➔ Supporting healthy lifestyles and access to care
- ➔ Promoting physical, mental, and emotional health



What Staff Must Do

- ✓ Assess health needs on arrival and regularly
- ✓ Promote healthy eating and provide nutritious meals
- ✓ Encourage regular physical activity
- ✓ Support access to health appointments - GP, dental, optical
- ✓ Offer education and support around mental health, sexual health, and substance use
- ✓ Follow correct procedures for medication



What the Registered Manager Must Do

- ✓ Ensure each child has a health assessment and health plan
- ✓ Keep strong links with GPs and mental health professionals
- ✓ Make sure staff are trained in key health topics
- ✓ Monitor food quality and promote a healthy lifestyle
- ✓ Supervise medication procedures



What the Responsible Individual Must Do

- ✓ Commission external audits of health plans
- ✓ Oversee staff training on mental health and safeguarding



Staff Development

- ✓ Commission external audits of health plans
- ✓ Oversee staff training on mental health and safeguarding



For Inspection

- ✓ Have clear health plans and medical records
- ✓ Be prepared to discuss how children's health and well-being are supported