



ACTIVE RECOVERY – HELPING NURSERIES AND CHILDREN’S CENTRES RETURN - A PLAN FOR SLOUGH FROM ACTIVE MOVEMENT

Background

The government is suggesting that Early Years could possibly return from June 1st. As we await clarity on this, we are preparing a range of measures to support settings in the most effective and relevant way possible.

Active Movement offers a unique opportunity. It is already established and understood across Early Years; it is a wide-ranging programme across all elements of well-being; it is a templated approach across 12 months that all settings can follow simultaneously so sharing ideas, experience and expertise; it is adaptable to all setting requirements; it is consistent in message and communication; it reaches children of all ages and their parents; it has a comprehensive support process for staff; it is available now.

Why Active Recovery?

The use of Active is not to create a strapline or as means of focussing simply on exercise. ‘Active’ is about being pro-active rather than letting events dictate; it promotes personal responsibility; it proposes setting goals to be met; it is not about physicality but making a wider effort; across well-being; it positions recovery not as a slow upward trend but a determined and decisive process of moving forward.

This positive approach is to engage all participants both on a physical level and emotionally, too. We are looking to give everyone a greater feeling of optimism and control.

How it can help you

As children return, you will be faced with a number of issues:

- 1. Children will have spent several weeks less active, sitting for longer, less stimulated and potentially eating poorly (both quality and content)**
- 2. Settings will be under financial pressure to encourage return of as many parents and children as quickly as possible (appreciating the continued monthly payments for providers who deliver funded early education)**
- 3. Staff will be required to re-engage children quickly**

The Active Movement programme for Early Years is deliberately scheduled and templated with the relevant support material to enable easy re-integration. It is also designed to link in with the setting’s pedagogy. Its delivery system is simple (particularly via the toys) which allows easy adaptation to match the new health requirements. Most will also have experience of the programme and understanding how it works

- 4. The implications of return will include the need for social distancing and increased hygiene which in an early years context will place logistical challenges staff teams will need to consider. In line with recent guidance there will be the requirement for settings to try and group children with key staff and where possible keep these children and staff groupings throughout the day. [Full government guidance](#)**

- 5. Parents will require clarity and reassurance as to their children’s safety**

Active Movement in Early Years is designed to educate parents and children about the power and benefits of sitting less and standing/moving more. This educational process will be extended to include messaging about good practice and diligence during this time. The Active Movement programme has a dedicated Active Protection programme that will be upgraded to support these requirements

- 5. Settings will need comprehensive and regular support**

The Active Movement programme has a comprehensive service approach as well as a close working relationship with [Health and Wellbeing Slough](#).

Most importantly, **Active Recovery** is not about new learning or organisational change, but a re-shaping of the current Active Movement programme to be empathetic with the unique challenges you face at this time

What you will get with the Active Recovery programme from Active Movement

In the 12-month programme for Early Years settings, we are now in the Activity phase when we educate children about the importance and benefits of being active and the dangers of sitting down for long periods. In addition, we will also be offering support for combatting COVID-19.

There will be five levels of support

1. Education – activity and the Max Pack

The setting will continue to integrate Active Movement as a regular and standard part of daily routine and pedagogy. These will include the introduction of a number of options (**such as Active Play, Active Language, Active Reading, Active Listening, Active Outings, Active Mini-movements, Active Walks**)

As part of the government's focus on walking, every setting will complete an **Active Walk** at least once a day. This is because each of the Max Pack needs to go for a walk, too. Ideally this should be outside the setting but may need to be confined to the grounds for health and safety.

2. Education – protection with Millie

The Active Protection programme is an established part of the Active Movement programme but has been tailored to support this return to the setting. Components are:

- *Active Distancing*

Note this is not social distancing, but a more pro-active and positive approach to this challenging requirement. There will be a specific support programme including the use of the Max pack to demonstrate distance, posters, Max and Tiggy footprint markers, and Max pack programme to encourage distancing

- *Active Handwashing*

This programme has already been introduced but will be re-promoted as part of the daily behaviour of the Active Movement programme. It will be a mandatory component at the end of each day as part of the Active Tidying movement to ensure setting and children reflect the need for cleanliness and hygiene.

Other recommended times for handwashing are:

- Upon arrival at the centre
- After every breaktime
- Before eating
- After having used equipment or apparatus
- Whenever using the bathroom/toilet
- Before touching your face

- *Characters*

We recognise the importance of infection control and the recommendation from government to remove "soft furnishings, soft toys, and toys that are hard to clean". Therefore, for the interim period, the Active Movement toys should not be used or distributed. Active Movement will supply alternative ways to continue to use the characters as part of setting routine including the supply of reference and regular homework to be shared with parents

- *Active MMR*

This is also an opportunity to promote the importance of vaccination by highlighting the need for ongoing vigilance against disease. It will also remind all the need for alertness in distancing and protection whilst no Coronavirus exists.

3. Parental engagement

This will comprise of 'exploration' options to take advantage of the increased opportunity to go outside as well as engaging parents and children to share activity. These will include

Walk and Talk This is to encourage parents to find time and opportunity to share information about the virus, changes in everyday routine and reassurances about the long-term effect. Parents will be regularly supplied updates

Walk and Visit This is to encourage parents to take children to relevant community locations including doctors (for MMR) and dentists as part of general health

We are also developing a new home programme called the **Max Club**. This is to be a regular comms and activity programme.

4. Information extension

In addition to Coronavirus information (as above), we will also focus additional health issues for which support information will be supplied, specifically:

- Activity and its effect on the immune system
- Vitamin D from outdoor activity and its important role on the immune system and fighting viruses.
- Ensuring adequate sun protection during increased outdoor time

5. Still at home

There will be a number of children who may not come back to setting. They will continue to face the issues of inactivity and diet. With the potential of the lockdown being further softened, Active Protection remains key.

The [Health at Home](#) programme will continue to be promoted with additional support featuring the new [Max Club for children and parents](#)

The resources to support you

From June 1st till the end of term, each participating school will receive (relevant to size)

- A staff brochure promoting the Active Recovery programme
- A parent sheet promoting the Active Recovery programme
- A timing plan of all components
- Updated online platform
- Active Distancing posters
- Max Pack distance guide
- Distancing Max and Tiggy footprints
- Active Handwashing posters
- Tiggy stickers or badges
- Active MMR posters
- Information topic sheets
- Max Club membership material
- Weekly emails to support the programme
- Service line to Active Movement for additional information and advice
- Slough Borough Council contact line
- A parent questionnaire to assess engagement

It is intended to supply as much material as possible to all participants in readiness for June 1st launch. For more information or any questions then please contact - peter@activemovement.co.uk