

Inspection Top Tips

Healthy Lifestyles

August 2025



Children's Homes Regulations



The health and well-being standard is that –

- (a) the health and well-being needs of children are met;
- (b) children receive advice, services and support in relation to their health and well-being; and
- (c) children are helped to lead healthy lifestyles.



Regulation 10 (1)



Children's Homes Guide

7.18 Staff should have the relevant skills and knowledge to be able to help children understand, and where necessary work to change negative behaviours in key areas of health and well-being such as, but not limited to, nutrition and healthy diet, exercise, mental health, sexual relationships, sexual health, contraception and use of legal highs, drugs, alcohol and tobacco.

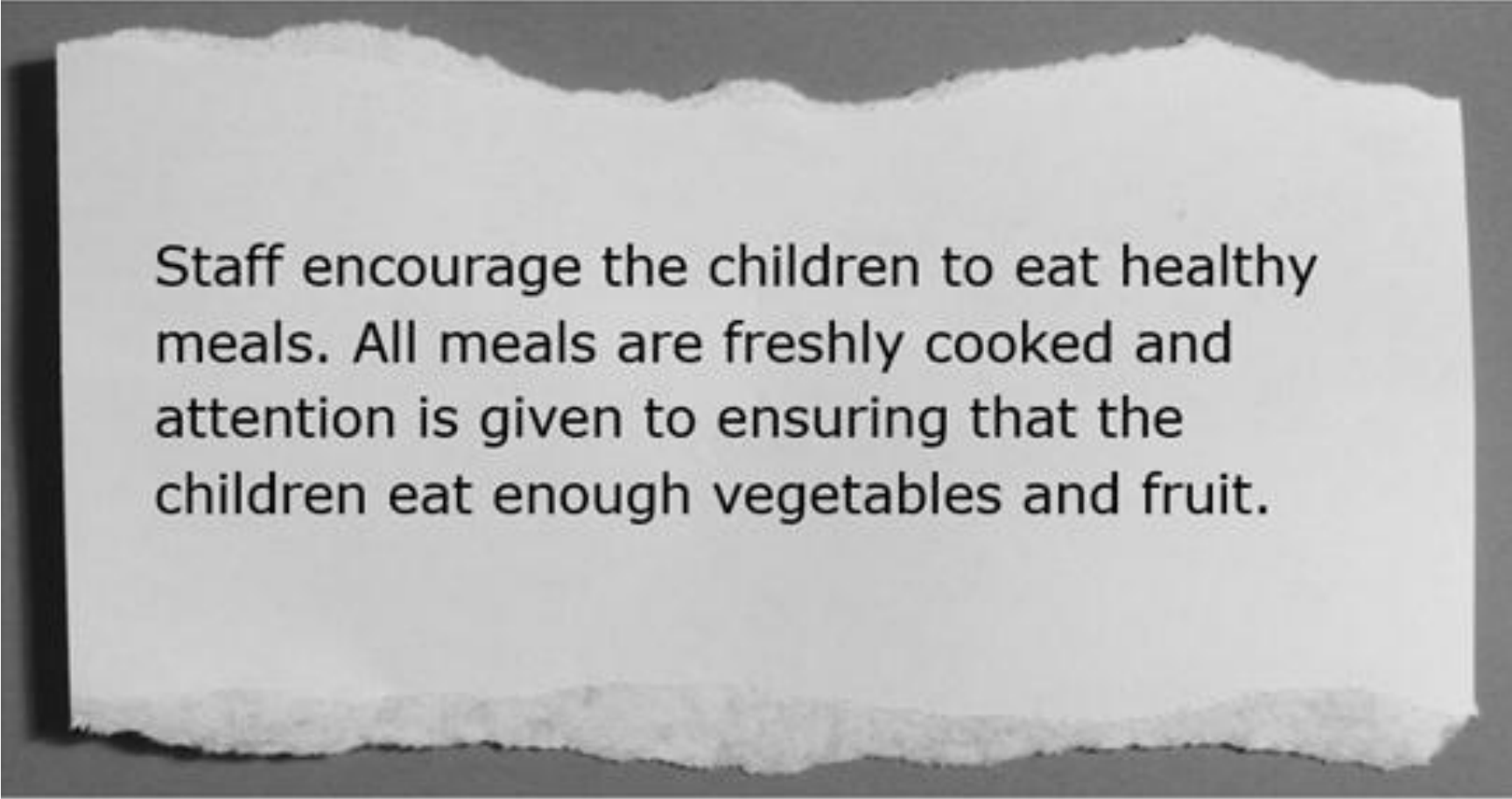


Children's Homes SCCIF Key Elements

- Children are in good health or are being helped to improve their health or to manage lifelong conditions.
- Their health needs (including their oral, physical, mental and sexual health needs, as appropriate) are identified and addressed.
- They have access to local health services, including dentists, when they need them.
- The manager's arrangements for managing medication or children's complex health needs are safe and effective and promote independence wherever possible.
- Staff always place the well-being of individual children at the centre of their practice. All their achievements are celebrated and appropriately rewarded. Their day-to-day needs are met, such as routine, privacy, personal space, nutritious meals and enjoyable mealtimes.



Ofsted comment from inspection - Outstanding

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Staff encourage the children to eat healthy meals. All meals are freshly cooked and attention is given to ensuring that the children eat enough vegetables and fruit.

Top Tips...

1. **Always provide a range of fresh foods**, aim for plenty of colourful fruit and vegetables every day across meals.
2. **Ensure that children are motivated to be active each day** this can be playing a sport or just making sure you are walking with children not always in the car.
3. **Focus on regular sleep routines** and be aware children should have 9-11 hours sleep a night.
4. **A healthy lifestyle includes a focus on mental wellbeing** and be aware when a child may need nurturing care and support.
5. **Swap fizzy drinks for water or milk** most of the time. High sugar drinks are not helpful in keeping your body hydrated.



Questions to consider...

- Do you provide and actively promote healthy home prepared food each day?
- Is the menu created in consultation with the child, where they can learn about what healthy foods are?
- Do your team motivate children to be active every day and how is this done?
- How do you promote healthy sleep routines and support children to get the amount of sleep that is understood to promote their overall health and wellbeing?



Online Safety Training...

The amount of time our young people are spending online whether it be gaming or general use is higher than ever. This is found to be more prominent at night when young people are alone in their rooms. Promoting online safety as well as healthy sleep patterns and lifestyle is key.

Our Online Safety training is aimed at anyone working with children and young people in residential settings and wanting to expand their knowledge of current issues in online safety, this course considers where the risks lie and how to work with children and young people to keep safe.

Next dates:

Our next training date is on **30th September 2025, running 9:30m – 4pm.**

This course is delivered via zoom, costs £132+vat, reduced to **£99+vat for members.**

You can book on to this course using the link below:

[Online Safety training](#)

